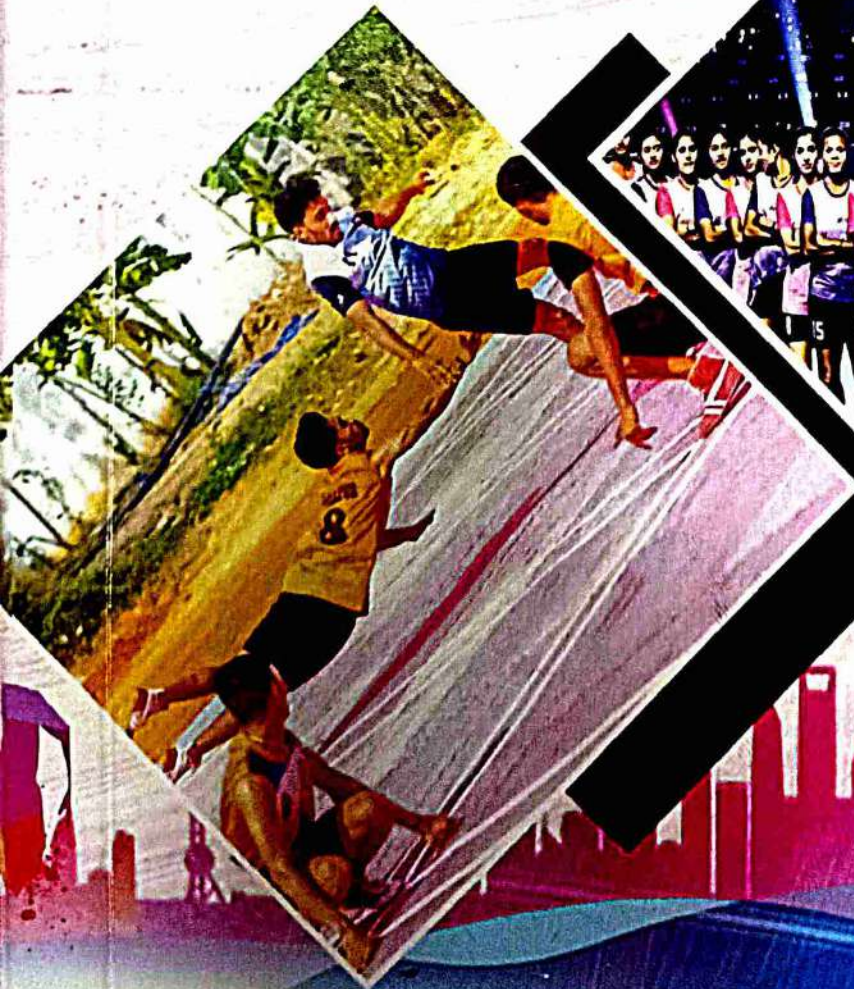


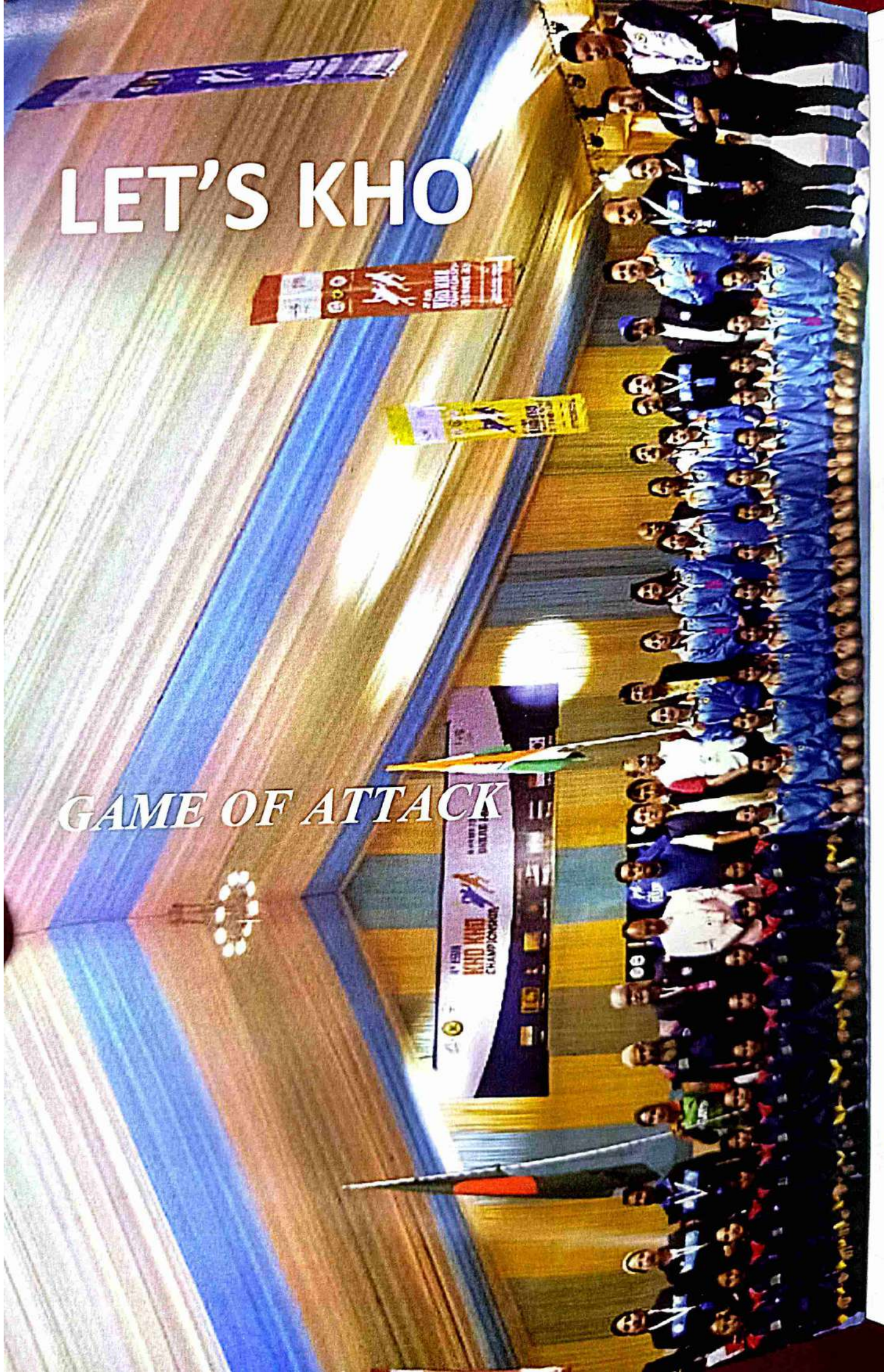
Kho Kho Federation of India

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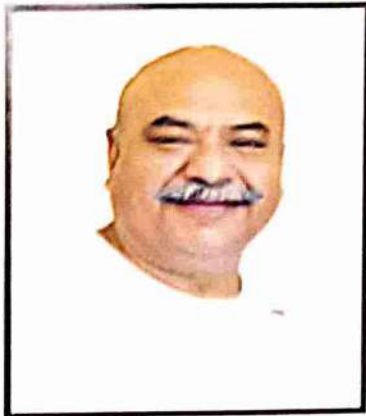
LET'S KHO

GAME OF ATTACK



KHO KHO

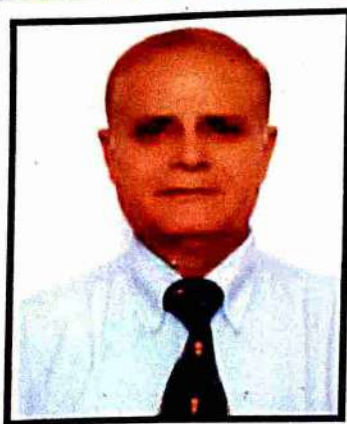
भारतीय खा खा संघ



SUDHANSHU MITTAL
President



RAJEEV MEHTA
President AKKF



M. S. TYAGI
General Secretary



SURENDRA KUMAR BHUTIYANI
Treasurer



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PREFACE

KHO KHO, an ancient game of undivided INDIA, probably was derived from the different strategy and tactics of "Kurukshetra" war in Mahabharatha, The Chariot fight during the war and zigzag pathways followed by the retreating soldiers indicate the formation of Chain Play - Defense Skill in the game of KHO KHO. On the 13th day of the war, the Chief of Kaurav Army, Guru Dronacharya drew a typical strategic formation CHAKRAVYUH (Circular formation) keeping Jayadratha at the main entrance with seven soldiers to draw in and kill the enemy. Veer Abhinmanyu, the son of Arjuna, entered into the trap but could not get his way out and in the process got killed. He fought gallantly alone against seven soldiers. The method adopted by Abhimanyu resembles the idea of "Ring Play"-a Defense tactics in KHO KHO game. KHO KHO based on natural principles of physical development, fosters a healthy combative spirit of term understanding.

In the year 1936, during the event of BERLIN OLYMPICS, one Kho Kho Team from Pune exhibited the salient features of the game of Kho Kho at Berlin. Which was highly appreciated by Hitler.

Asian Kho Kho Federation (A. K. K. F.) was established in the year 1987 during 3rd SAF GAMES, held at Kolkata, India. The member country was India, Bangladesh, Pakistan, Sri Lanka, Nepal and Maldives.

Kho Kho made its entry into INTERNATIONAL SPORTS arena via 1st ASIAN KHO KHO CHAMPIONSHIP held at Kolkata, India in 1996, organized by West Bengal Kho Kho Association under the auspices of Kho Kho Federation of India and ASIAN Kho Kho Federation on "Tera Flex" Court at Netaji Subash Indoor Stadium, Kolkata, West Bengal, India in a most befitted manner. India and Bangladesh were Winner and Runner up respectively. The participants were Bangladesh, Pakistan, Sri Lanka, Nepal and host India.

2nd Asian Kho Kho Championship held in Bangladesh in the year 2000 at Mirpur Indoor Stadium, Dhaka, Bangladesh has strengthened the approach of the game Kho Kho into the International Arena. India, Sri Lanka, Pakistan, Nepal, Japan, Thailand and host Bangladesh were participants of the Championship.

3rd Asian Kho Kho Championship was held in Indore, India from 08 to 10 April 2016, organized by Madhya Bharat Kho Kho Association under the auspices of Kho Kho Federation of India and Asian Kho Kho Federation. Bangladesh, Sri Lanka, Nepal, South Korea and host India were participants of the Championship.

4th Asian Kho Kho Championship held in Tamulpur, Assam, India from 20 to 23 March 2023 was organized by Assam Kho Kho Association under the auspices of Kho Kho Federation of India and Asian Kho Kho Federation. Bhutan, South Korea, Malaysia, Indonesia, Iran, Bangladesh, Sri Lanka, Nepal and host India were participants of the Championship.

International Kho Kho Federation (I. K. K. F.) was established in the year 2018. Mr. Sudhanshu Mittal, President, Mr. Rohit Haldania, Secretary, Mr. M.S. Tyagi, Secretary (Technical), Mrs. Deepa Mehta, Secretary (Finance), Mr. Brij Haldania, Secretary (Development) are the office bearers of I.K.K.F. with its Head Office in London, England.

SUDHANSHU MITTAL
President
Kho Kho Federation of India



THE GAME

The game of Kho Kho is based on natural principles of physical development & developing all motor qualities of a person/ players. It is vigorous and fosters a healthy combative spirit among youth. It is not merely running with speed but it is Attack and run a natural instinct to overtake, to pursue to catch a kill as done in ancient time when men tried to kill animals with a hard attack & running skill. No doubt, speed is the heart and to stand to a relentless pursuit of 9 minutes at a stretch (Turn), the heart demands stoutness and stamina. In turn, a physically fit youth enjoys it and the spectators who watch enjoy a thrilling sport to their satisfaction.

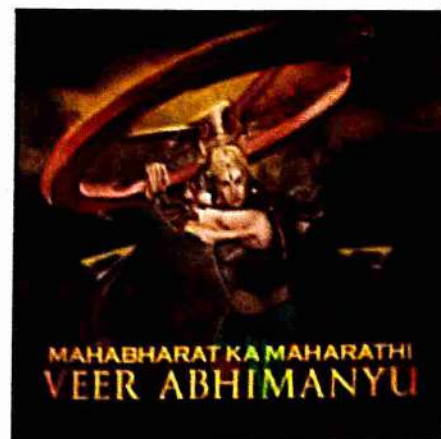
A team consist of 15 Players, one Coach, one Manager and other Supporting Staff. However, 9 Players will take the Playfield in the beginning of the match. The game is played in two Innings. An Inning will consist of Attacking and Defending turns which shall be of 9 minutes each for Men/Women & Junior Boys/Girls. It shall be of 7 minutes for Sub Junior Boys/Girls. Each match will consist of two Innings. There shall be an interval of 4 minutes after an Inning and 3 minutes break between two turns for Men/Women & Junior Boys/Girls and for Sub Junior Boys/Girls the same shall be 4 minutes and 3 minutes respectively.

Controlled SPRINTING, DODGING, DIVING, POST DIVE, TAPING, COVERING, POST TURNING are a few skills exhibited during the game which is won by a team that scores more points (two point is awarded for every Defender, who is out).

The game can be played on any surface that suits open Field sports. As on today, it is played on grounds prepared on turf. Needless to say, that uses of synthetic grounds in National Championships were very successful.

1 HISTORY

It won't be incorrect or erroneous to state that KHO KHO was recognized in ancient times even earlier than the oldest mythological writings of the classics, "Mahabharata". It was played on chariots and competitors riding on chariots chased each other. It is called "Rathabharata" at that time. Kho Kho is an ancient game of undivided India, probably was derived from the different strategy and tactics of "Kurukshetra" war in "Mahabharata". The chariot fight during the war and zig zag pathways followed by the retreating soldiers indicates the formation of Chain Play – Defense Skill in the game of Kho Kho. After that same strategy was adopted by "Chhatrapati Shivaji Maharaj" at the time of war.



Maharashtra is considered as the origin of KHO KHO game in the 18th century but there is no concrete evidence to support the claim. By then the sport was played with the combination of hide & seek during the festival season itself. The people from rural parts from India loved the sport and were highly appreciated.

1914

The very first systematic study of the game was started. A committee was constituted by Deccan Gymkhana Club to make the game more disciplined under the guidance and supervision of Lokmanya Balgangadhar Tilak and Maharaja Sayajirao Gaekwad III, Kingdom of Baroda.. After consulting with the experts of different parts of the country, the committee suggested some changes in the rules & regulation to make this game faster and more interesting.

Only three important rules were strictly followed at that time otherwise this game would have been an impossible one:

1. The "Kho" has to be given from behind.
2. The faces of the adjoining players to be in opposite direction.
3. The Attacker was prohibited to run in between the seated Attackers.

1924

The Deccan Gymkhana club of Pune, Maharashtra and the great Indian leader Sh. Kashinath (Bhai) Nerurkar drafted the first ever rules and regulations which symbolized the metamorphosis of the game soon to follow. This initial stage marked the limitation of the playground and yet sadly lacked the poles demarking the central lane in the field. Instead, two less calibre players were positioned at the place and the Attacker have to run around them to return to the midfield.





The game with its fast pace fascinated the spectators. The Viceroy and Governor-General of India, Lord Willingdon also admired the merits and potentials of the game. The year 1923-24 saw the foundation of the Inter School Sports Competition and Kho Kho game was introduced in the schools

to develop at the grass roots and consequently popularize the sport.

1935

It's a first time in India; the rules of the game were published in the form of a book by Akhil Maharashtra Sharirik Shikshan Mandal (AMSSM). The AMSSM was established in 1928 to develop the Indian traditional sports.

1936

It was the golden opportunity for the game of Kho Kho when the exhibition of Kho Kho game (Men) was featured during Berlin Olympic Games in the main stadium by the Hanuman Wyayam Prasarak Mandal, a renowned Sports Institute from Amravati, Maharashtra. The game was appreciated by Fuhrer of Germany - Adolf Hitler but after his death, no advantage had been seen in future.



1938

The second edition of the Rule Book was published by Akhil Maharashtra Sharirik Shikshan Mandal.

Kho Kho moved one step forward when Akhil Maharashtra Sharirik Shikshan Mandal organized Inter Zonal Sports at Akola, Maharashtra which attracted tremendous response from the budding enthusiasts as well as organizers. The players were restricted to 9 players per team and sport was played without the poles. In the beginning of the match, players used to take 3 rounds of the Playfield from post to post (two less calibre players positioned) and then started the match.

1949

The game was exhibited in Sweden and Denmark but it didn't leave any effect on the spectators (foreigner) because of improper follow up program. After that, the poles were featured in the game. Also, the 3 rounds in beginning of the game were reduced to one round from pole to pole and couple of years later, even the one round was eliminated.

1955-56

After Independence, Indian games received good support from the public as well as Government of India. The "Akhil Bhartiya Kho Kho Mandal / Amateur Kho-Kho Federation of India" was formed in the year 1955-56. Shri B. Gopala Reddy & Shri Kashinath (Bhai) Nerurkar were the founder member who has initiated to form the association of Kho Kho game.

1959-60

The 1st Senior National Kho Kho Championship for Men was organized at Vijayawada, Andhra Pradesh from 25th December, 1959 to 1st January, 1960. Only 05 teams participated in this championship. Maharashtra and Andhra Pradesh teams were the Winner and Defender Up respectively.

1961

The 1st Senior National Kho Kho Championship for Women was organized along with Men at Kolhapur, Maharashtra from 13th to 16th April, 1961. Maharashtra and Karnataka teams were the Winner and Defender Up respectively in Men and Madhya Pradesh and Kolhapur teams were the Winner and Defender Up respectively in Women category.

1964

Individual prizes were introduced in 5th Senior National Kho Kho Championship, 1964, held at Indore, Madhya Pradesh. The first Man of the Tournament "Eklavya Award" was awarded to Vishwanath Mayekar (Maharashtra). The Woman of the Tournament "Rani Lakshmibai Award" was awarded to Usha Anantham (Mysore, Karnataka).

1966

On 30th June, 1966, the present governing body - "KHO KHO FEDERATION OF INDIA" officially registered in the office of Registrar of Societies, New Delhi with Regn. No. S.3036 under the Societies Registration Act XXI of 1860 by the sincere efforts of Sh. K. D. Gautam and Sh. Onkar Prasad.

1970-71

The 1st Junior National Kho Kho Championship for Boys was organized at Hyderabad, Andhra Pradesh from 26th to 28th November, 1970. The Veer Abhimanyu award was given to the best player of the tournament.

In Kho Kho the first Arjuna Award awarded to Shri Sudhir B. Parab of Gujarat in the year 1970.

1972

The National Institute of Sports started Six Weeks "CERTIFICATE COURSE" in Kho Kho discipline at Patiala, Punjab.

1974

The 1st Junior National Kho Kho Championship for Girls was organized at Dewas, Madhya Pradesh from 26th to 29th December, 1974 along with Boys (Under 18 yrs.) The Janaki Award was given to the best player of the tournament in Girls section.

1977

Sports Authority of India introduced "Diploma course in Kho Kho & Kabaddi" at Netaji Subhas National Institute of Sports, Bangalore, Karnataka.

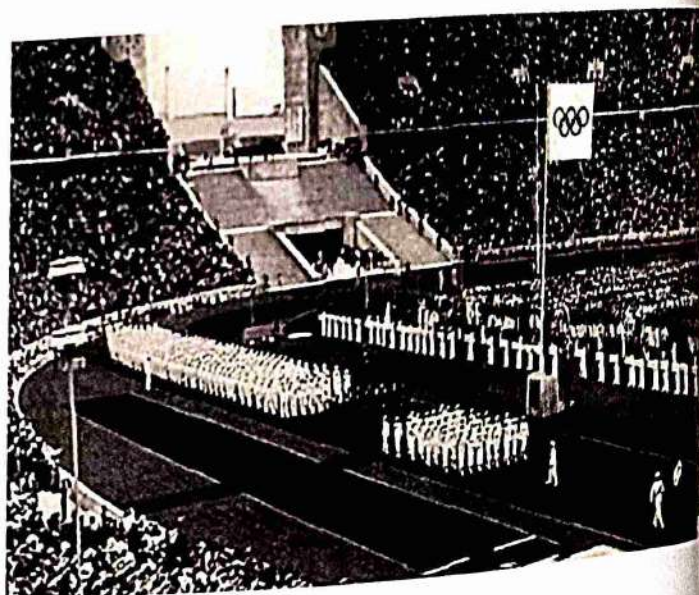
1980

The 1st Sub Junior National Kho Kho Championship for Boys & Girls was organized at Dhule, Maharashtra from 27th to 31st December, 1980. The BHARATH & ILA award was given to the best player of the tournament in boys & girls sections respectively.

1982

Kho Kho Federation of India introduced Yearly Inter Zonal Championship as Federation Cup for Men and Women.

For the first time, Kho Kho was featured as Demonstration Match (Men) in the 9th Asian Games, 1982 held in New Delhi. It was appreciated by many Asian countries. After looking at its grand success, Sports Authority of India deputed their coaches all over the country to develop the sport of Kho Kho scientifically at grass root level.



1987

Kho Kho game was exhibited in the "3rd South Asian Games (SAF Games) - Men" held at Calcutta, West Bengal, India. At that time, Asian Kho Kho Federation was formed with India, Nepal, Pakistan, Bangladesh and Maldives as member countries. Sh. Surjit Singh Majithia and Sh. Mukund V. Ambardekar were the first President and General Secretary respectively. At present, Sh. Rajeev Mehta ji is the President of Asian Kho Kho Federation.

In the same year, Indian Kho Kho contingent took part in "INDO USSR SPORTS FESTIVAL" organized in Moscow, Russia.

DEBUT AT INTERNATIONAL LEVEL (ASIA)

1996

The 1st Asian Kho Kho Championship (Men) was held at Calcutta, West Bengal from 21st to 24th September, 1996. It was the first time the Kho Kho game was played at **wooden surface** in Khudiram Anushilan Kendra Indoor Stadium, Calcutta, West Bengal. 05 men teams including India took part in the tournament.

1998-99

1st Netaji Subhas Gold Cup International Kho Kho Tournament (Men) held at Calcutta, West Bengal from 19th to 22nd January, 1998, organized by West Bengal Kho Kho Association under the aegis of Kho Kho Federation of India.

The second edition of Netaji Subhas Gold Cup International Kho Kho Tournament (Men) held at Hyderabad, Andhra Pradesh from 27th to 29th January, 1999. In both the tournaments only men teams participated.

2000

The 2nd Asian Kho Kho Championship (Men) was held at Dhaka, Bangladesh from 29th March to 1st April, 2000. India, Bangladesh, Japan, Thailand, Nepal, Sri Lanka and Pakistan men teams were the participants.

2005-06

During the 41st Senior National Kho Kho Championship 2005-06, held at Bansberia, West Bengal from 28th December, 2005 to 1st January, 2006, the Kho Kho Federation of India allowed first ever professional team i.e. **Indian Railways** (men section) to take part in the Senior National Kho Kho Championship. Since then more than 500 outstanding Kho Kho players recruited in Indian Railways on Sports basis.

2016

During the 50th Senior National Kho Kho Championship 2016, held at Nagpur, Maharashtra from 19th to 23rd October, 2016, this time the Kho Kho Federation of India allowed second professional team i.e. Airports Authority of India (women section) to take part in the Senior National Kho Kho Championship. Since then more than 200 outstanding Kho Kho players recruited in Airports Authority of India on Sports basis (contractual/scholarship).



Finally, the Kho Kho game was included in the “12th South Asian Games (SAG Games) – Men & Women” held at Guwahati, Assam from 5th to 9th February, 2016. The participating countries were India, Pakistan, Sri Lanka, Nepal and Bangladesh.



Keeping in line with the development pace, the long-awaited 3rd Asian Kho Kho Championship (Men & Women) was held at Indore, Madhya Pradesh after a long 16 years from 8th to 10th April 2016. India, Bangladesh, Nepal, Sri Lanka and Korea both Men & Women teams participated in a very sportive manner.

2017

It was the year 2017, when the good fortunes of Kho Kho game began to turn into reality. The 03 great personalities of India, Sh. Rajeev Mehta ji, Sh. Sudhanshu Mittal ji and Sh. M. S. Tyagi ji came together under one roof on 6th August, 2017 when they were elected as Chairman, President and General Secretary, Kho Kho Federation of India respectively.

On that day, the trio had decided that they will promote Kho Kho game in the world in the next few years without wasting further time.



1st December 2017, in the presence of all the office bearers, Secretaries of all affiliated units of KKFI and renowned personalities of Kho Kho game, they inaugurated a fully equipped KKFI office at B-1 (Basement), Dhawandeep Building, 6 Jantar Mantar Road, New Delhi-110001.



2018

By the efforts of Sh. M. S. Tyagi ji, Kho Kho game was featured as one of the disciplines in all the 05 editions of "Khelo India" program launched by MYAS, Govt. of India and Sports Authority of India held at New Delhi (2018), Pune (2019), Guwahati (2020), Panchkula (2022) and Jabalpur (2023) respectively. During the 2nd edition of Khelo India Youth Games held at Pune, Maharashtra, Sh. Sudhanshu Mittal ji announced to give scholarship of Rs. 1000/- per month to each Semi Finalist team players of U-17 and U-21 age category for one year and cash award of Rs. 11,000/- per head to coaches and managers of all 08 teams.



To promote Kho Kho game in the neighbouring countries, KKFI invited Nepal Kho Kho Team for 05 Test Match Series held at Faridabad, Ajmer, Indore, Thane and Patna between 22nd May and 1st June, 2018. Later in December, 2019, Indian contingent also visited Kathmandu, Nepal for a Bi-lateral Series.

On 17th July, 2018, International Kho Kho Federation was formed to promote Kho Kho game in the world. Sh. Sudhanshu Mittal ji (India) elected as President, Sh. Rohit Haldania (England) as General Secretary, Sh. M. S. Tyagi ji (India) as Secretary (Technical), Sh. Brij Haldania ji (England) as Secretary (Development) and Mrs. Deepa Mehta (India) as Secretary (Finance).

1st International Kho Kho Championship was conducted by International Kho Kho Federation from 1st to 4th September, 2018 in London, England.



2018

Kho Kho game achieved a great milestone when Olympic Council of Asia in its General Assembly held in Jakarta, Indonesia on 19th August, 2018 has officially recognized the sport of "Kho Kho". KKFI is hopeful that Kho Kho game will be exhibited in the 20th Asian Games 2026 to be held in Japan.

Kho Kho Federation of India achieved another milestone, when KKFI joined hands with Dabur India Ltd and announced a Kho Kho League named "ULTIMATE KHO KHO" to promote Kho Kho game in the country. It will definitely raise the financial status of our talented players. The treaty between KKFI and Dabur India Ltd. was held due to long vision and sincere efforts of Sh. Rajeev Mehta Ji, Sh. Sudhanshu Mittal ji and Sh. M. S. Tyagi Ji along with Sh. Amit Burman, Director, Dabur India Ltd.



Due to the sincere efforts of Sh. M. S. Tyagi ji, Kho Kho game was also featured as one of the disciplines in the "Ek Bharat Shrestha Bharat" program launched by MYAS, Govt. of India. In the year 2018-19, Kho Kho matches were conducted at Indore, New Delhi, Ajmer, Bangalore, Thane, Madgaon and Rohtak between the pairing states in Men & Women categories. In the year 2020, Kho Kho matches was successfully conducted at Jabalpur, Madhya Pradesh and rest of the matches has been postponed due to this pandemic in COVID-19.



Till the year 2017-18, Kho Kho Federation of India took Rs. 1 lac as royalty to allot any National Kho Kho Championship from the host State Kho Kho Association. But since the year 2018-19, Kho Kho Federation of India dropped the idea of taking Rs. 1 lac as royalty and began to give financial assistance to the host State Kho Kho Association as per following manner.

1. Financial Assistance of Rs. 10 lacs is given to host Senior National
2. Financial Assistance of Rs. 8 lacs is given to host Junior National
3. Financial Assistance of Rs. 5 lacs is given to host Sub Junior National
4. Financial Assistance of Rs. 3 lacs is given to host Federation Cup

This financial assistance was additional financial assistance given by MYAS, Govt. of India.

Kho Kho Federation of India also giving financial assistance time to time to all the affiliated units/State Kho Kho Association ranging to promote Kho Kho game in their territory.

2019

In March, 2019, 52nd Senior National Kho Kho Championship held at Jaipur, Rajasthan, Sh. Sudhanshu Mittal ji announced Prize money to motivate all the Merit holders as well as their coaches and managers of all 08 teams. The Prize money as announced was Rs 2 lacs for winner, Rs. 1.5 lacs for 1st Defender up and Rs. 1 lac for 2nd Defender up teams in both Men & Women category. Rs. 10,000/- each will be awarded to Coaches & Managers of all 08 teams.



1ST INTERNATIONAL KHO KHO WORKSHOP 2019

To promote the game even further, a delegation headed by Sh. Rajeev Mehta, President, Asian Kho Kho Federation & Chairman, Kho Kho Federation of India accompanied KKFI Management had visited to Dubai, UAE on Kho Kho Workshop held on 24th to 27th Aug 2019.

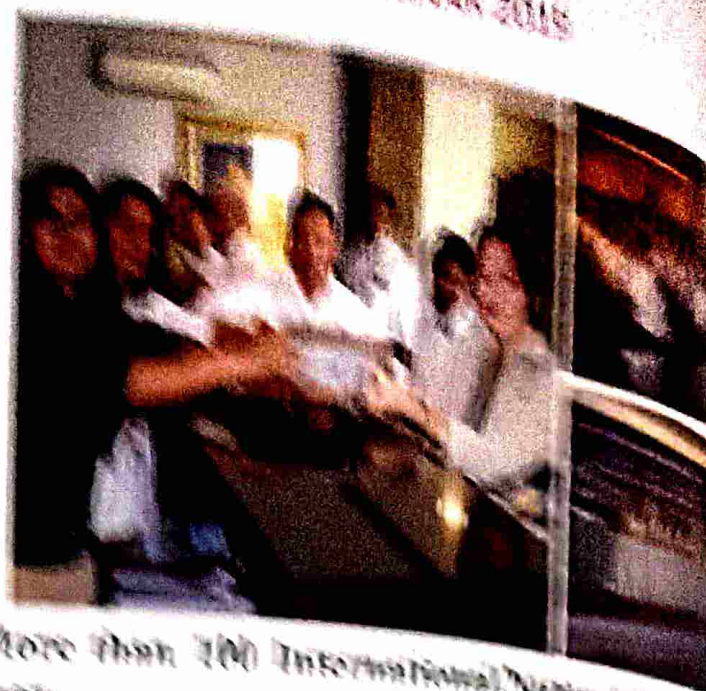


Indian Olympic Association Secretary General, **Mr Rajeev Mehta** and Vice President **Mr Sudhanshu Mittal** met UAE National Olympic Committee Vice President, **Mr Humaid Al Qatami** and Secretary General, **Mr Talal Al Shanqeti** in Dubai towards promotion & development of Kho Kho in UAE.

The International Kho Kho meet was held in the Hotel Hilton Dubai Creek, Dubai, UAE to discuss and finalize the details & modalities for promotion & development of Kho Kho as well as to form new Kho Kho Federations in the Asian Region. The delegation has met with Sports representatives, Government Officials of various countries in view of Promotion & Development of Kho Kho in UAE.

1st INTERNATIONAL TECHNICAL OFFICIAL CLINIC SEMINAR 2016

Again the KKO and KWO have been successful in organizing the International Technical Official Clinic Seminar 2016 from 20th to 22nd August, 2016 at KKO House, Gurgaon. It was the first time when such type of Technical Official Clinic Seminar was conducted for International Technical Officials as well as Indian Technical Officials to educate them regarding the new Rules & Regulations of Kho Kho game. More than 100 International, National, Team



2018

In December 2018, Indian Kho Kho Men & Women teams took part in the 13th Asian Games held at Kofunomoto, Nepal. Once again, the Indian Kho Kho Men & Women teams won GOLD MEDALS for India and repeated the success of 12th Asian Games 2010 held at Garohat, Assam, India.

2020

A National Coaching Camp for Indian Men & Women was also conducted in Delhi in the month of January, 2020 for the preparation of 4th Asian Kho Kho Championship scheduled to be held in New Delhi in the month of April, 2020 but was postponed due to the mCovid 19.

Under the great leadership of Sh. Rajeev Mehta ji, Sh. Sudhanshu Mittal ji and M. S. Tungaji, Kho Kho is now playing in each and every district of India and even the Indian borders also by reaching more than 25 countries of the world. By the success of the trio, the first ever International Kho Kho Coaching Camp was conducted from 23rd February to 21st March, 2020 in New Delhi. 65 players from countries (including 5 Indian players) learned the basics of Kho Kho game. All expenses incurred on International Coaching Camp i.e. Travelling, Lodging & boarding in 3-star hotels, Sports Kits of all the 65 players & experts was borne by KNSPT.

During the course of the meeting, the proposals from the various international Kho Kho Federations /Organizations was also reviewed & recognized to form Kho Kho Federation in their respective countries.

1ST INTERNATIONAL TECHNICAL OFFICIAL CLINIC /SEMINAR 2019

Again, the trio did a wonderful work by organizing 1st International Technical Official Clinic/Seminar 2019 from 30th to 31st August, 2019 held at Ajmer, Rajasthan. It was the first time when such type of Technical Official Clinic/Seminar was conducted for International Technical Officials as well as Indian Technical Officials to educate them regarding the new Rules &



Regulations of Kho Kho game. **More than 100 International/National Technical Officials participated in the seminar.**

2019

In December 2019, Indian Kho Kho Men & Women teams took part in the 13th South Asian Games, held at Kathmandu, Nepal. Once again, the Indian Kho Kho Men & Women teams won **GOLD MEDAL** for India and repeated the success of 12th South Asian Games 2016 held at Guwahati, Assam, India.

2020

A **National Coaching Camp for Indian Men & Women** was also conducted in New Delhi in the month of January, 2020 for the preparation of 4th Asian Kho Kho Championship scheduled to be held in New Delhi in the month of April, 2020 but it was postponed due to the nCovid 19.

Under the great leadership of Sh. Rajeev Mehta ji, Sh. Sudhanshu Mittal ji and Sh. M. S. Tyagi ji, Kho Kho is now playing in each and every district of India and crossed the Indian borders also by reaching more than 25 countries of the world. By the sincere efforts of the trio, the first ever **International Kho Kho Coaching Camp** was conducted from 23rd February to 21st March, 2020 in New Delhi. 65 players from 16 countries (including 5 Indian players) learned the basics of Kho Kho game. All the expenses incurred on International Coaching Camp i.e. Travelling, Lodging and boarding in 3 star hotels, Sports Kits of all the 65 players & experts was borne by the **KKSPT**.



All the players who took part in the International Coaching Camp were belongs to England, Nepal, Bhutan, South Korea, Latvia, India, Kenya, Gambia, Senegal, Guinea Bissau, Uganda, Mali, Burkina Faso, Sierra Leone, Rwanda and Ghana.

Sarika Kale conferred with the Prestigious Arjuna Award 2020

In a historic moment for Kho Kho, for the first time in 22 years, and in an effort to boost the Indian indigenous games, former Indian Women's Kho Kho Team Captain Sarika Kale from Maharashtra was conferred with the prestigious Arjuna Award for the year



2020 for her sustained outstanding performance in Kho Kho. The Award was presented by the **Hon'ble President of India, Shri Ram Nath Kovind** during a virtual Award Ceremony held on the occasion of **National Sports Day** on **29th August 2020**.

To celebrate this occasion, the President, KKFI had decided to hold a virtual **Press Conference** on **31st Aug., 2020** at 1500 Hrs. Keeping in view, the travelling restrictions for nCovid-19 pandemic, the conference was held via Video Conferencing through Zoom Meetings Platform. The President, KKFI has announced the **Cash Award** amounting to **Rs. 7.5 Lakhs** to incentivize the achievement of Kho Kho players being emerged as outstanding sportsperson and to encourage & motivate them for higher achievements and to act as inspiring role models for attracting the younger generation to take up Kho Kho as a prominent sports discipline for their career.

New Delhi. However, Sh. Kiren Rijja, Minister, Ministry of Youth Affairs & Sports, Govt. of India had blessed Ms. Sarika Sudhakar Kale, the Arjuna Awardee at his residence.

2021

A National Kho Kho Coaching Camp with High Performance Assessment and Scientific Analysis was conducted in Delhi/NCR from 17th January to 16th February 2021. A total no. of 125 outstanding Kho Kho players (Men and Women) and 20 National Kho Kho Coaches all over the country were invited.

53 Men and 20 Women players were trained in Manav Rachna Educational Institutions Sector-43, Faridabad, Haryana and 52 Men players were trained in SGT University Gurugram, Haryana.



A colourful Super League Kho Kho Tournament was also conducted in Indira Gandhi Indoor Stadium, New Delhi from 12th to 15th February, 2021. A total no. of 08 men and 02 women teams has participated.



A National Kho Kho Coach Development Program 2021 was conducted at Manav Rachna Educational Institutions, Sector-43, Faridabad, Haryana from 3rd to 12th March, 2021. A total no. of 44 NIS qualified/Arjun Awardee were the participants.

2022

2nd National Kho Kho Coaching Camp for High Performance Assessment and Scientific Analysis 2021-22 was conducted in New Delhi for Men from 15th January to 13th February, 2022. A total nos. of 120 outstanding Kho Kho players were invited.

For Women, it was conducted from 11th March to 31st March 2022 New Delhi. A total no. of 35 outstanding women players along with National Kho Kho Coaches all over the country were invited.

3rd National Kho Kho Coaching Camp for High Performance Assessment and Scientific Analysis 2022-23 was conducted in Pune, Maharashtra from 5th to 19th July, 2022. A total no. of 120 outstanding Kho Kho players (Men) and 20 National Kho Kho Coaches all over the country were invited.

2022

Kho Kho Federation of India achieved a great milestone, when KKFI and Dabur India Ltd jointly organized a much-awaited league named "ULTIMATE KHO KHO" in a most colourful manner from 14th August to 4th September, 2022.

The league got tremendous support from all over the country and as well as from International Kho Kho playing countries also. It was held due to the long vision and sincere efforts of Sh. Rajeev Mehta Ji, Sh. Sudhanshu Mittal ji and Sh. M. S. Tyagi Ji.

A total nos. of 6 teams participated i.e. Odisha Juggernauts, Telugu Yoddhas, Mumbai Khiladis, Chennai Quick Guns, Rajasthan Warriors and Gujarat Giants. A total nos. of 34 matches were played.



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ODISHA
INDIA'S BEST KEPT SECRET

Punit Balan
Group

Odisha Juggernauts and Telugu Yoddhas were the Winner and 1st Defender respectively of this 1st Edition.



2023

The 4th Asian Kho Kho Championship (Men & Women) was organised by the Kho Kho Federation of India under the aegis of Asian Kho Kho Federation from 20th to 23rd March 2023 at Tamulpur Sports Complex, Guwahati, Assam India. Most of the Asian Countries namely **Sri Lanka, Nepal, Bangladesh, Korea, Bhutan, Iran (M), Malaysia (W), Indonesia** and the host **India** participated in a colorful manner.

Both India men and women continued their victory at International level and won **GOLD MEDAL** in both the category.

India Kho Kho Men and Women team went to Melaka, Malaysia to play a Test Match Series with Malaysia from 13th to 15 October, 2023.

2023-24

ULTIMATE KHO KHO LEAGUE

The 2nd Edition of Ultimate Kho Kho League was held at Bhubaneswar, Odisha from 24th December, 2023 to 13th January, 2024 with all 06 teams participated in the previous edition. Gujarat Giants and Chennai Quick Guns were the Winner and 1st Defender respectively.

2024

On January 9th, 2024, **Ms Nasreen** was awarded with most prestigious **Arjuna Award 2023** by Honourable **President of India, Smt. Droupadi Murmu** for her outstanding performance in **Kho Kho** game at National and International Level.

2 INTERNATIONAL EXPOSURE

S. No.	Name of the Championship	Dates	Teams Participated
1.	1 st Asian Kho Kho Championship, Calcutta, West Bengal, India (Men)	21 st to 24 th September, 1996	India, Bangladesh, Nepal, Sri Lanka & Pakistan
2.	2 nd Asian Kho Kho Championship, Dhaka, Bangladesh (Men)	29 th March to 1 st April, 2000	India, Bangladesh, Japan, Thailand, Nepal, Sri Lanka & Pakistan
3.	3 rd Asian Kho Kho Championship, Indore, Madhya Pradesh, India (Men & Women)	8 th to 10 th April, 2016	India, Bangladesh, Nepal, Sri Lanka & Korea
4	4 th Asian Kho Kho Championship, Tamulpur, Guwahati, Assam, India (Men & Women)	20 th to 23 rd March, 2023	India, Bhutan, Nepal, Sri Lanka, Bangladesh, Iran (M), Malaysia (W), Indonesia & Korea

S. No.	Name of the Championship	Dates	Teams Participated
1.	12 th South Asian Games, Guwahati, Assam, India	5 th to 9 th February 2016	India, Bangladesh, Nepal, Sri Lanka & Pakistan
2.	13 th South Asian Games, Kathmandu, Nepal	1 st to 4 th December 2019	India, Bangladesh, Nepal and Sri Lanka

S. No.	Name of the Championship	Dates	Teams Participated
1.	1 st Netaji Subhas International Gold Cup Kho Kho Tournament, Calcutta, West Bengal, India (Men)	19 th to 22 nd January 1998	India, Bangladesh and Nepal
2.	2 nd Netaji Subhas International Gold Cup Kho Kho Tournament, Hyderabad, Andhra Pradesh, India (Men)	27 th to 29 th January 1999	India, Bangladesh and Sri Lanka

3 BILATERAL INTERNATIONAL SERIES

S. No.	Name of the Countries	Dates	Venue
1.	India vs England (Men)	28 th January to 4 th February 2017	Mumbai, Ajmer and New Delhi
2.	India vs Nepal (Men)	22 nd May to 1 st June 2018	Faridabad, Ajmer, Indore, Mumbai and Patna
3.	Malaysia vs India (Men & Women)	13 th to 15 th October 2023	Melaka, Malaysia
4.	Indonesia vs SAI NCOE (Women)	12 th to 17 th October 2023	Bali, Indonesia

4 MAJOR TOURNAMENTS

S. No.	Name of the Tournament	Category	Dates	Venue
1.	1 st Khelo India School Games 2018	U-17 (Boys & Girls)	4 th to 8 th February 2018	Delhi
2.	2 nd Khelo India Youth Games 2019	U-17/U-21 (Boys & Girls)	13 th to 17 th January 2019	Pune
3.	3 rd Khelo India Youth Games 2020	U-17/U-21 (Boys & Girls)	15 th to 19 th January 2020	Guwahati
4.	4 th Khelo India Youth Games 2021	U-18 (Boys & Girls)	9 th to 13 th June 2022	Panchkula
5.	5 th Khelo India Youth Games 2022	U-18 (Boys & Girls)	30 th Jan. to 3 rd Feb. 2023	Jabalpur
6.	6 th Khelo India Youth Games 2023	U-18 (Boys & Girls)	26 th to 30 th Jan. 2024	Madurai

5 AWARDS

5.1 ARJUNA AWARDS

S. No.	Year	Name	State
1.	1970	Sh. Sudhir B. Parab	Gujarat
2.	1971	Ku. Achala Suberao Devra	Gujarat
3.	1973	Ku. Bhavana H. Parikh	Gujarat
4.	1974	Ku. Nilima C. Sarolkar	Madhya Pradesh
5.	1975	Sh. Shreerang J. Inamdar	Maharashtra
6.	1975	Ku. Usha Vasant Nagarkar	Maharashtra
7.	1976	Sh. Shekhar R. Dharwadkar	Maharashtra
8.	1981	Sh. Hemant M. Takalkar	Maharashtra
9.	1981	Ku. Sushma Sarolkar	Madhya Pradesh
10.	1983	Ku. Veena Narayan Parab	Maharashtra
11.	1984	Sh. S. Prakash	Karnataka
12.	1985	Ku. Surekha B. Kulkarni	Maharashtra
13.	1998	Ku. Shobha Narayan	Karnataka
14.	2020	Ku. Sarika Sudhakar Kale	Maharashtra
15.	2023	Ku. Nasreen	Delhi

5.2 DRONACHARYA AWARD

S. No.	Year	Name	State
1.	2000	Sh. Gopal Purushottam Phadke	Maharashtra

5.3 PADMA SHRI AWARD

S. No.	Year	Name	State
1.	2003	Sh. Gopal Purushottam Phadke	Maharashtra

5.4 KKFI NATIONAL CHAMPIONSHIP AWARDS

S. No.	Section	Award	Introductory Year
1.	Men	Eklavya Award	1963-64
2.	Women	Rani Lakshmibai Award	1963-64
3.	Junior Boys	Veer Abhimanyu Award	1970-71
4.	Junior Girls	Janaki Award	1974-75
5.	Sub Junior Boys	Bharath Award	1980-81
6.	Sub Junior Girls	Ela Award	1980-81

6 SECRETARIAT

6.1 AKHIL BHARTIYA KHO KHO MANDAL

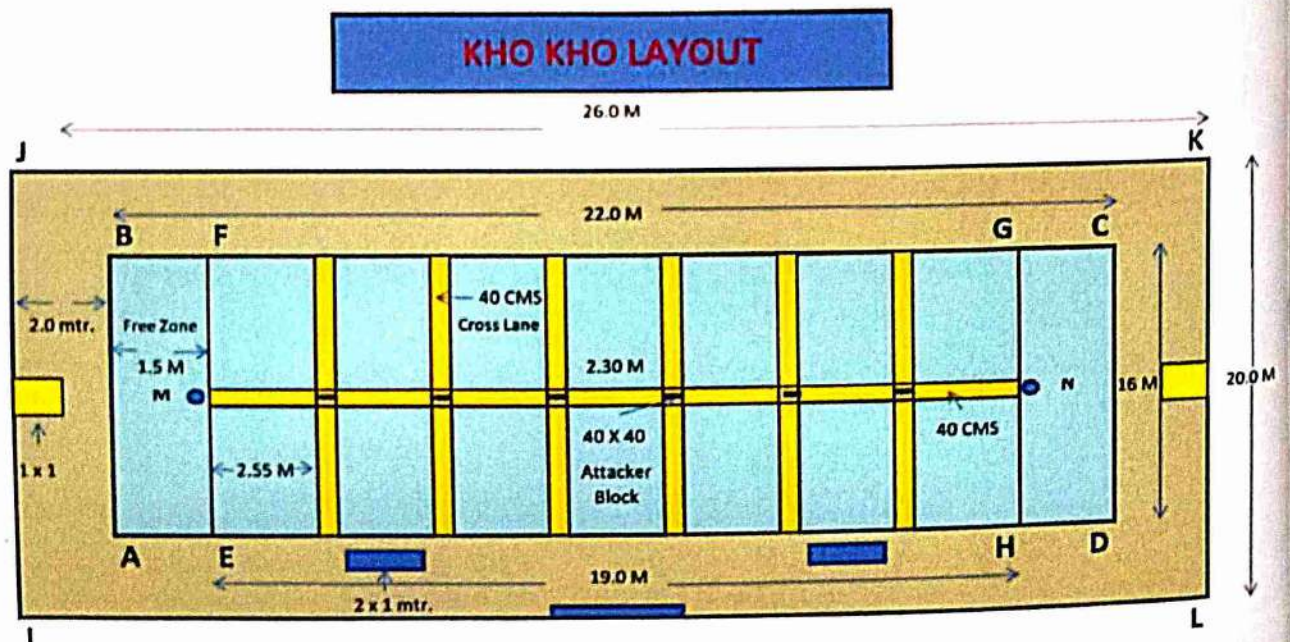
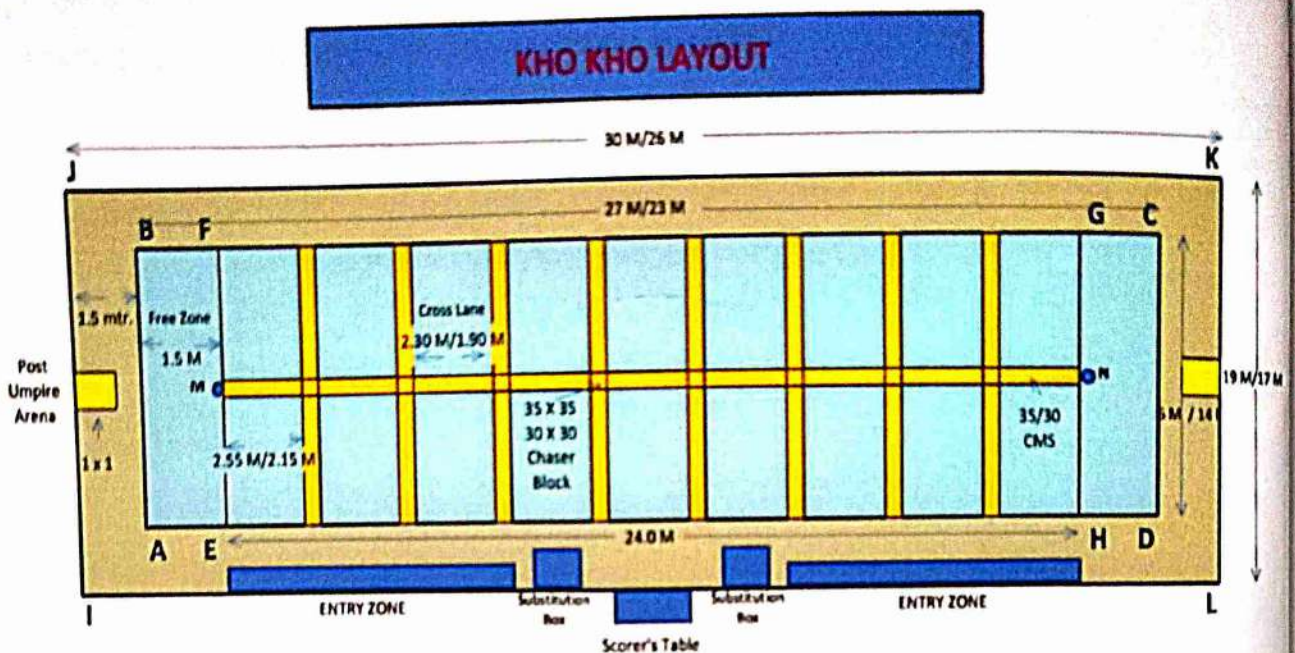
S. No.	Year	President	General Secretary
1.	1955-1961	Sh. B. Gopala Reddy	Sh. Kashinath (Bhai) Nerurkar
2.	1961-1966	Sh. B. Gopala Reddy	Sh. Onkar Prasad

6.2 KHO KHO FEDERATION OF INDIA

S. No.	Year	President	General Secretary
1.	1966-1971	Sh. Yashwantrao B. Chavan	Sh. Onkar Prasad
2.	1971-1976	Sh. Vittalrao N. Gadgil	Sh. Onkar Prasad
3.	1976-1981 1981-1986	Sh. Vittalrao N. Gadgil	Sh. B. N. Shankarnarayanan
4.	1986-1991	Sh. Vittalrao N. Gadgil	Sh. Dilip Roy
5.	1991-1995	Sh. Asoke Ghosh	Sh. Mukund V. Ambardekar
6.	1995-2000	Sh. V. Palanichamy	Sh. Onkar Prasad
7.	2000-2004 2004-2008	Sh. Asoke Ghosh	Sh. Madhavrao Patil
8.	2008-2013 2013-2017	Sh. Rajeev Mehta	Sh. Suresh Sharma
9.	2017-2021 2021-till date	Sh. Sudhanshu Mittal	Sh. M. S. Tyagi

7 KHO KHO GROUND

(Senior/Junior and Sub Junior)



Note: The Championship can be played either on 8 Attacker Block or Attacker Block Playfield, subject to the availability of the playing arena. The Information regarding the format will be shared through circular prior to every championship.

8 TERMINOLOGY

8.1 GROUND

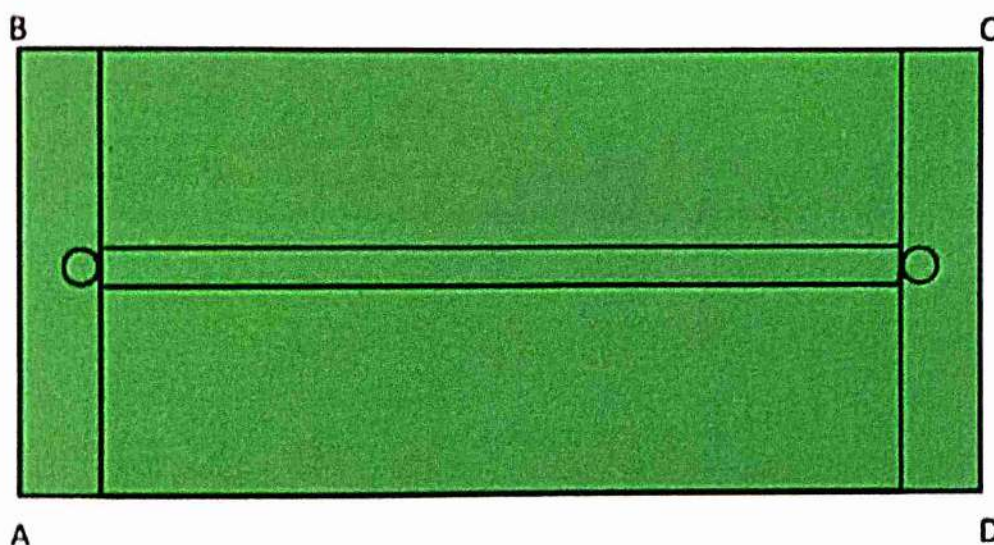
KHO KHO ground is rectangular in shape and to be made either in outdoor or indoor. In outdoor, it should be made on a levelled clay surface and in indoor, it should be made on a wooden surface / synthetic surface / synthetic mat as prescribed. The area formed by the meeting of Lobbies at I, J, K and L is known as GROUND.

The measurement of Ground for

- MEN/WOMEN & JUNIOR BOYS/GIRLS – 30 x 19 Meters
- SUB-JUNIOR BOYS/GIRLS – 26 x 17 Meter

8.2 PLAYFIELD

The rectangular area surrounded by the Boundary Lines running parallel to each other OR the area formed by points A, B, C & D is known as PLAYFIELD.



The measurement of Playfield for

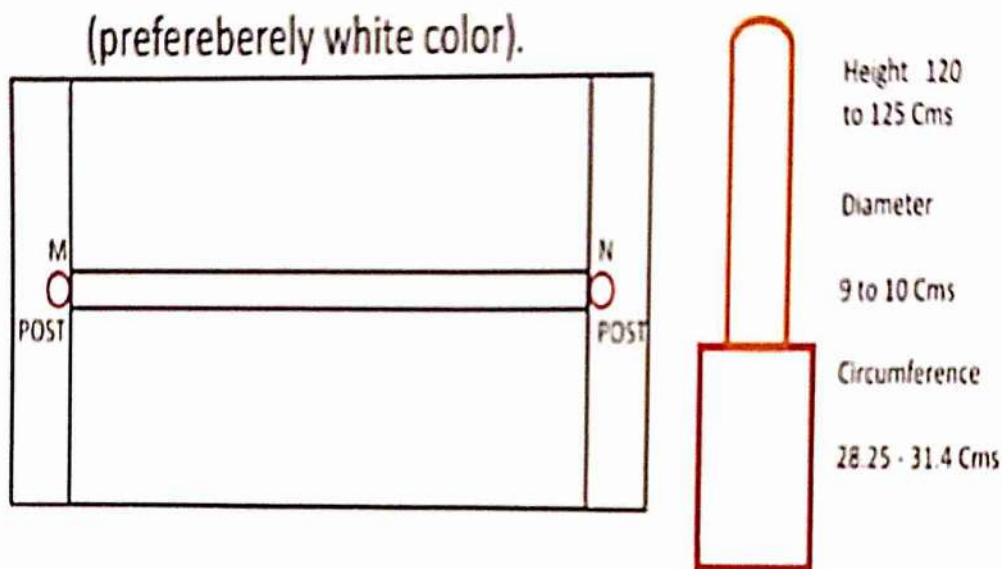
- MEN/WOMEN & JUNIOR BOYS/GIRLS – 27 x 16 Meters
- SUB-JUNIOR BOYS/GIRLS – 23 x 14 Meters

The Measurement of BOUNDARY LINES for

- MEN/WOMEN & JUNIOR BOYS/GIRLS - AD and BC = 27 Mts & AB and CD = 16 Mts
- SUB JUNIOR BOYS/GIRLS - AD and BC = 23 Mts & AB and CD = 14 Mts

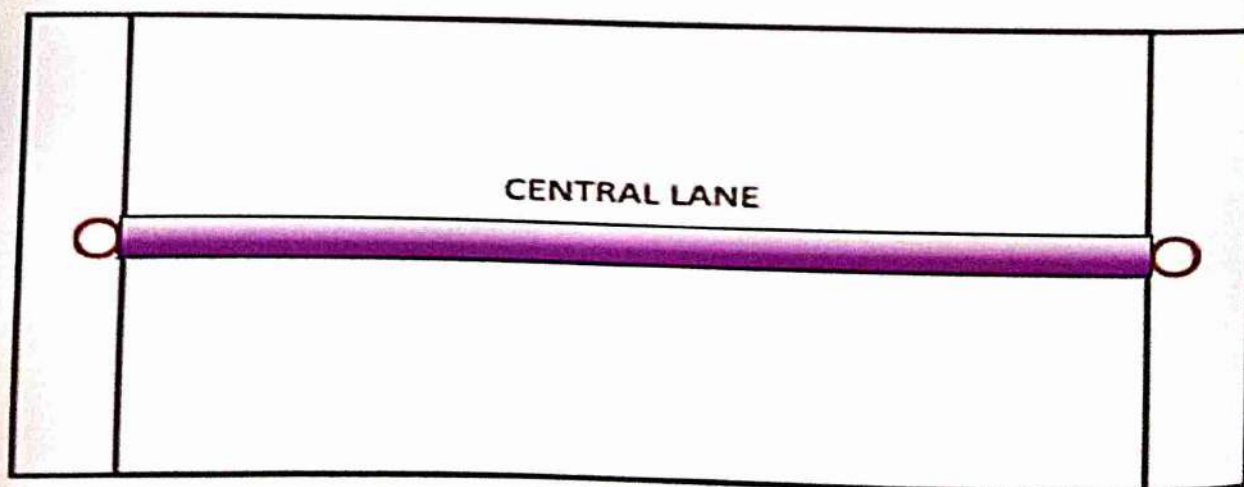
8.3 POST

The strong wooden or fibre Post (as rigid as wooden or fibre post), smooth all over & 120 to 125 Cms above and perpendicular to the Ground, fixed firmly in the Free Zone at tangent (right angle) to the Post Lines at M & N is known as POST. The points M and N shall coincide with centre of the Posts and shall be at a distance exactly half the width of the KHO KHO Playfield & touching the Post Line. Their diameter shall be uniform throughout and shall measure between 9-10 Cms. The Post shall not be tapered. Top of the Post shall be free from any sharp edges. The Post shall be painted by any colour (preferably white colour).



8.4 CENTRAL LANE

CENTRAL LANE is a rectangle in between two Posts measuring 35 Cms in width for MEN/WOMEN & JUNIOR BOYS/GIRLS and 30 Cms for SUB-JUNIOR BOYS/GIRLS which divides the Playfield in to two equal halves.

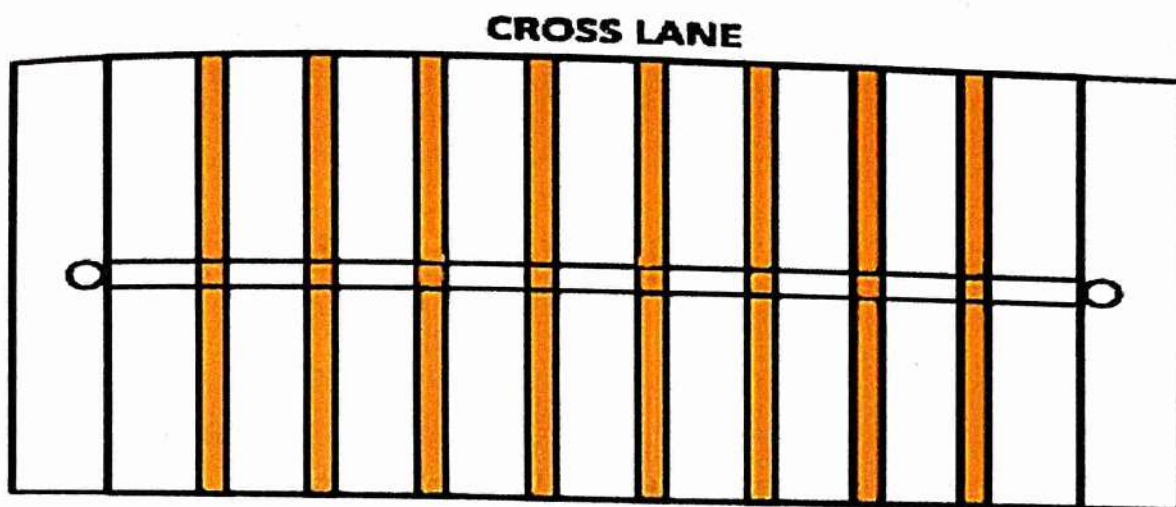


The length of the CENTRAL LANE for

- a) MEN/WOMEN & JUNIOR BOYS/GIRLS - 24 Meters
- b) SUB-JUNIOR BOYS/GIRLS - 20 Meters

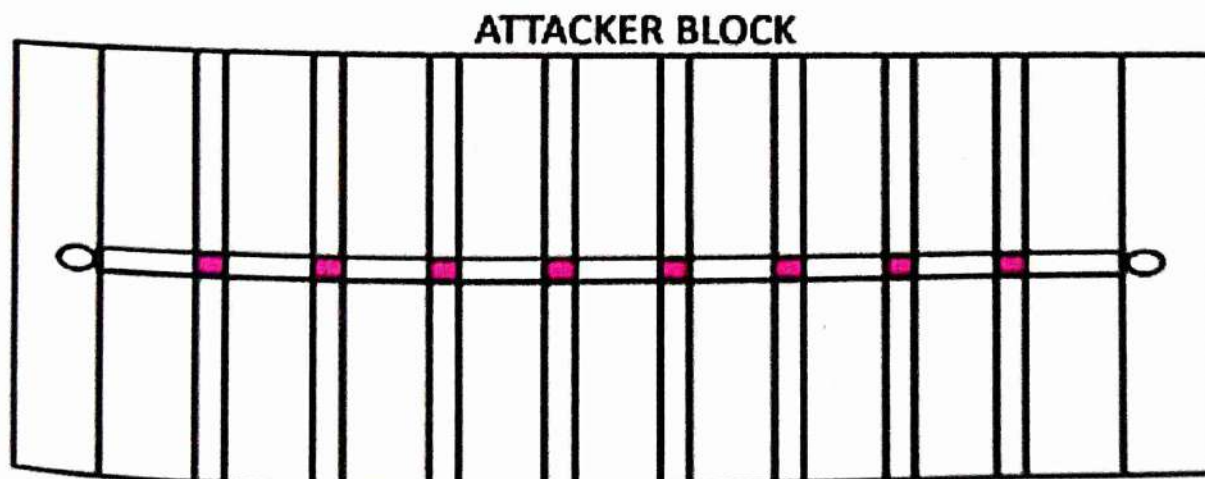
8.5 CROSS LANE

Each of the rectangles, measuring 35 Cms in width for MEN/WOMEN & JUNIOR BOYS/GIRLS and 30 Cms for SUB-JUNIOR BOYS/GIRLS and equivalent to the width of the Playfield intersects the Central Lane at right angle is known as a CROSS LANE.



8.6 ATTACKER BLOCK

The area of 35 Cms X 35 Cms for MEN/WOMEN & JUNIOR BOYS/GIRLS and 30 Cms x 30 Cms for SUB-JUNIOR BOYS/GIRLS formed by intersection of Central Lane and Cross Lane is known as ATTACKER BLOCK. There will be a 3-5 cms. line in width which divide the Attacker Block in two equal halves. All the Attackers will sit in such a manner that their toes will touch this line.



The distance between two adjacent ATTACKER BLOCK for

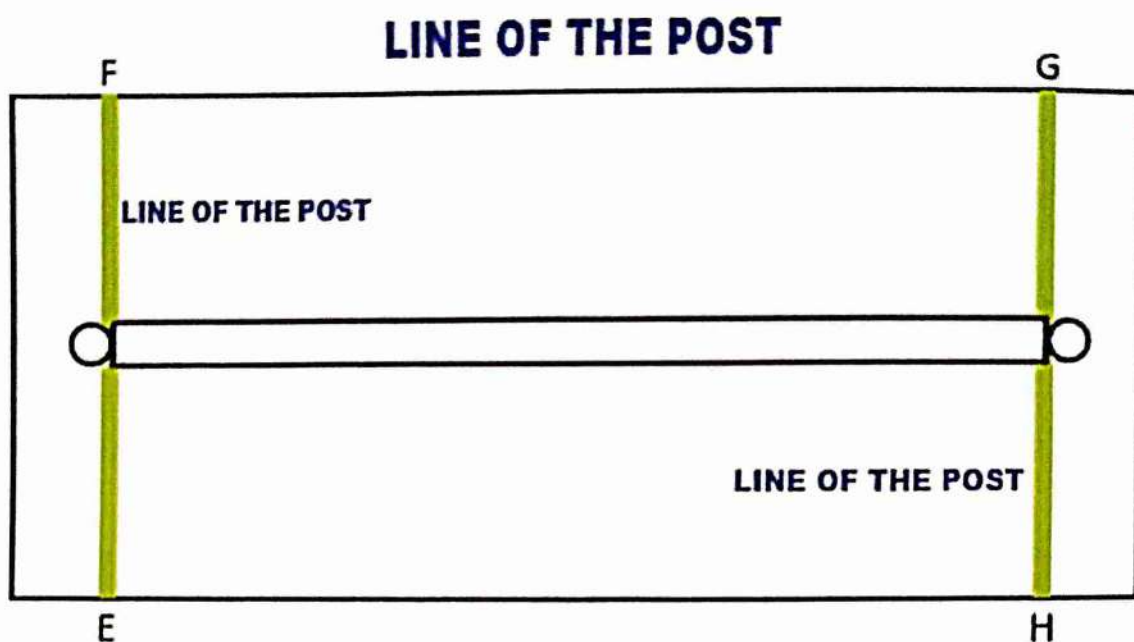
- MEN/WOMEN & JUNIOR BOYS/GIRLS- 230 Cms
- SUB-JUNIOR BOYS/GIRLS- 190 Cms

The distance between Post Line and First Cross Lane for

- MEN/WOMEN & JUNIOR BOYS/GIRLS- 2.55 Meters
- SUB-JUNIOR BOYS/GIRLS- 2.15 Meters

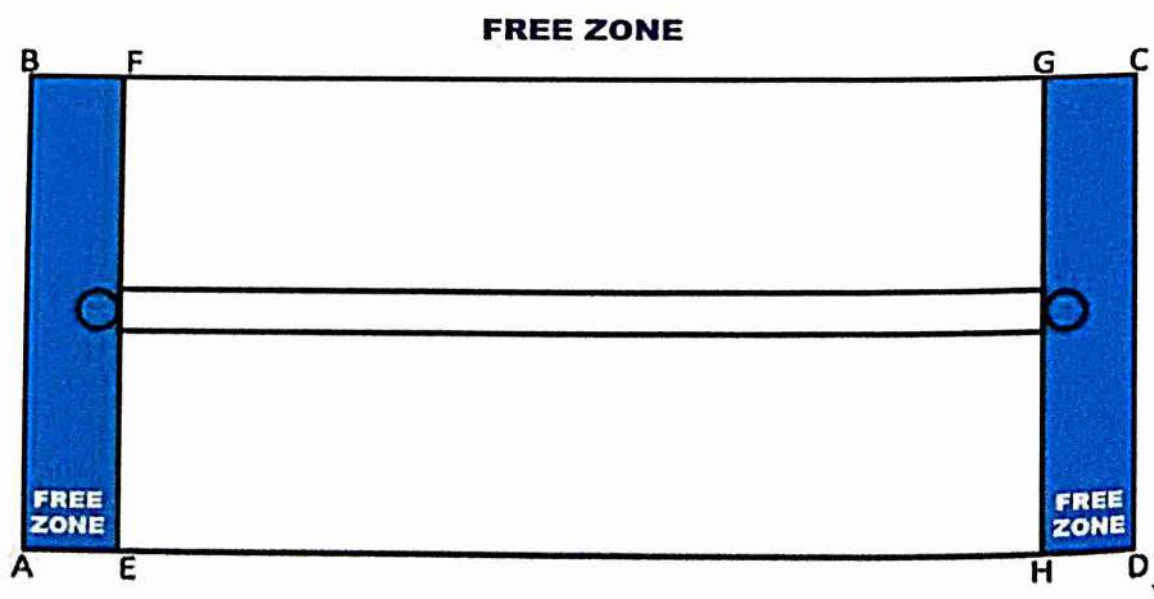
8.7 LINE OF THE POST

The lines which are at right angle to the Central Lane and run parallel to the Cross Lane at tangent (right angles) to the Posts are known as LINE OF THE POSTS or the POST LINES (EF & GH).



8.8 FREE ZONE

The portion of the Playfield behind the Post Line on either end of the Playfield is known as FREE ZONE.

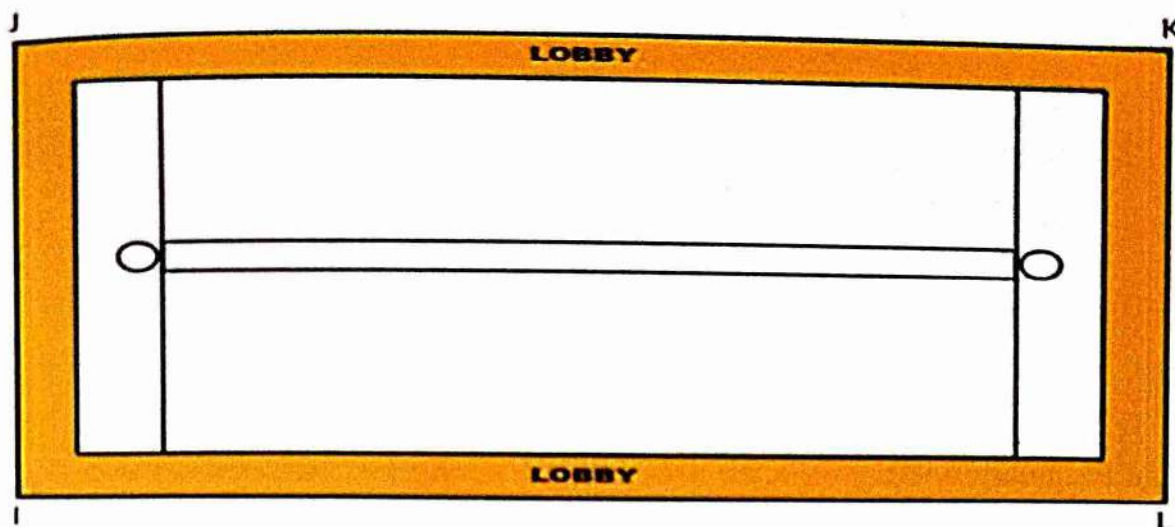


The dimensions of the FREE ZONE for

- MEN/WOMEN & JUNIOR BOYS/GIRLS-1.5 M. X 16M.
- SUB-JUNIOR BOYS/GIRLS - 1.5 M. X 14M.

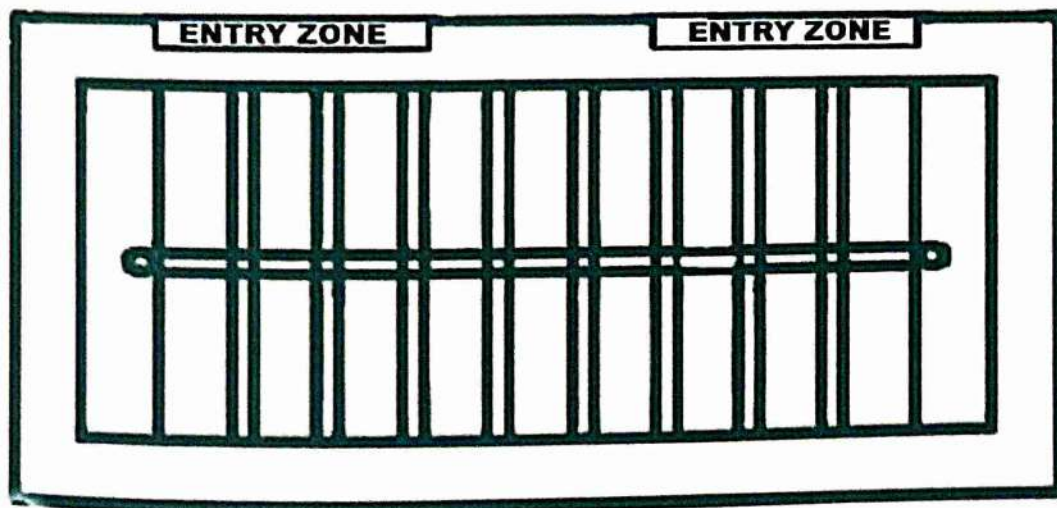
8.9 LOBBY

The area surrounding the Boundary/Playfield with a measure of 1.5 meters in width is known as LOBBY.



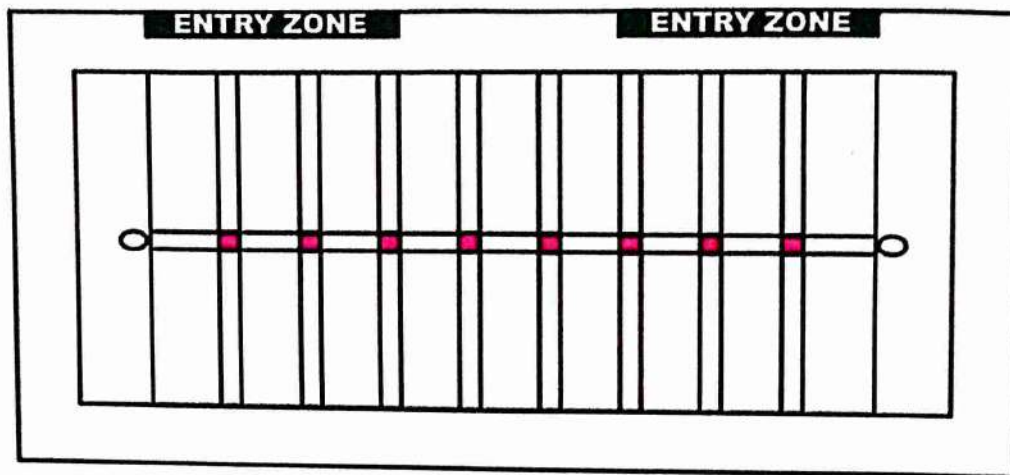
8.10 WIDTH OF THE LINES

Width of each line should be not less than 3 Cms and not more than 5 Cms. All the lines are includes in the measurements except Post Line. The Post Line should be considered as part of the Playfield.



8.11 ENTRY ZONE

The area marked in the Lobby (1 meter away from the Boundary Line) on both side of the Scorer's Table measuring 50 Cms in width and from Post Line to Third Cross Line in length is known as ENTRY ZONE. It is meant for the Defenders to take entry in the Playfield for their Defense.

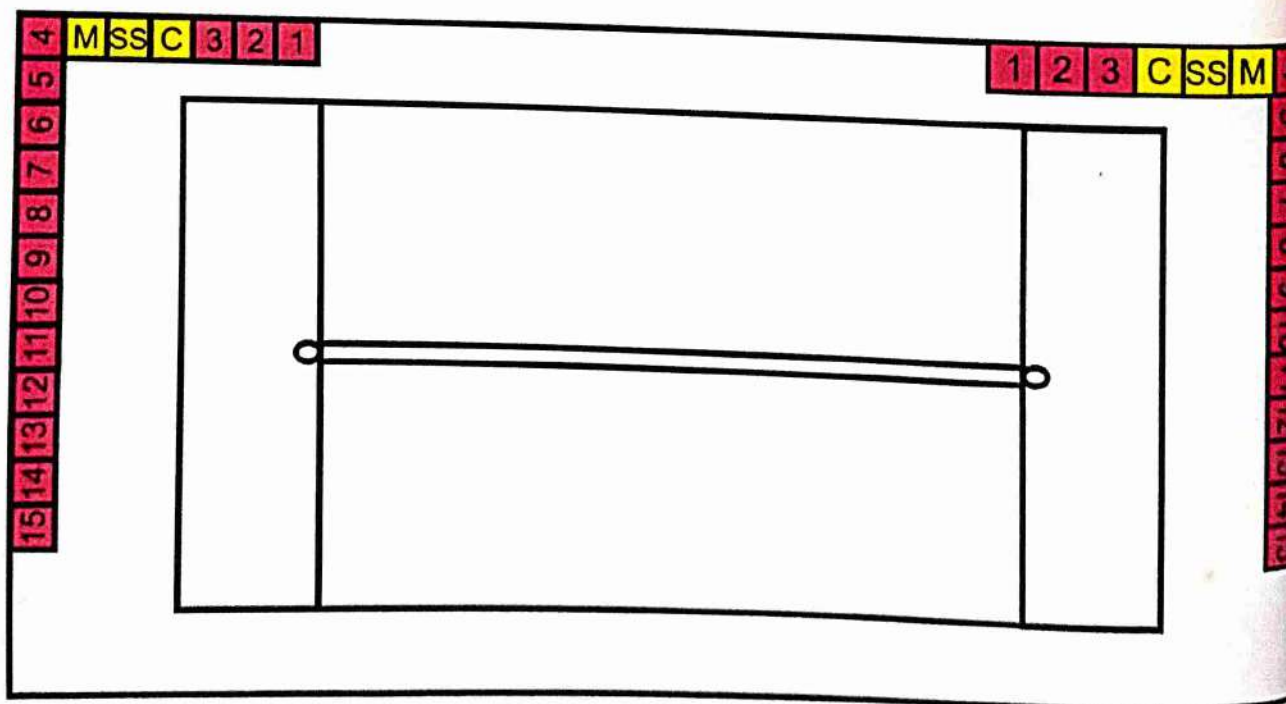


The dimensions of the ENTRY ZONE for

- MEN/WOMEN & JUNIOR BOYS/GIRLS - 8.20 M. x 0.5 M.
- SUB-JUNIOR BOYS/GIRLS - 6.85 M. x 0.5 M.

8.12 TEAM BLOCK/DUGOUT (A/B)

Area earmarked in the Lobby for Players, Coach, Asst. Coach, Manager and Supporting Staff on either side of the Playfield and adjacent to the Boundary Lines is known as TEAMS BLOCK (A/B).



8.13 ATTACKER

A player who pursue the player/s of the opponent side i.e. Defender/s with the view to tap or touch them is known as ATTACKER.



8.14 DEFENDER

The Defender who is inside the Playfield and tries not to be touched by the opponents (Attacker) is known as DEFENDER.



8.15 PERFECT KHO

To give PERFECT KHO, an Attacker must touch the back of Sitting Attacker with his hand from behind (palmar side of the hand) and utter the word "KHO" (simultaneously or immediately after touching), that must be heard by the Referee/Umpires and Defenders. Giving PERFECT KHO is a process of an Attacker becoming a Sitting Attacker and Sitting Attacker becoming an Attacker.

8.16 TO TAKE A DIRECTION

When an Attacker goes from one Post Line to another Post Line or after getting KHO if he goes towards a particular Post Line, he is said to have taken a direction.



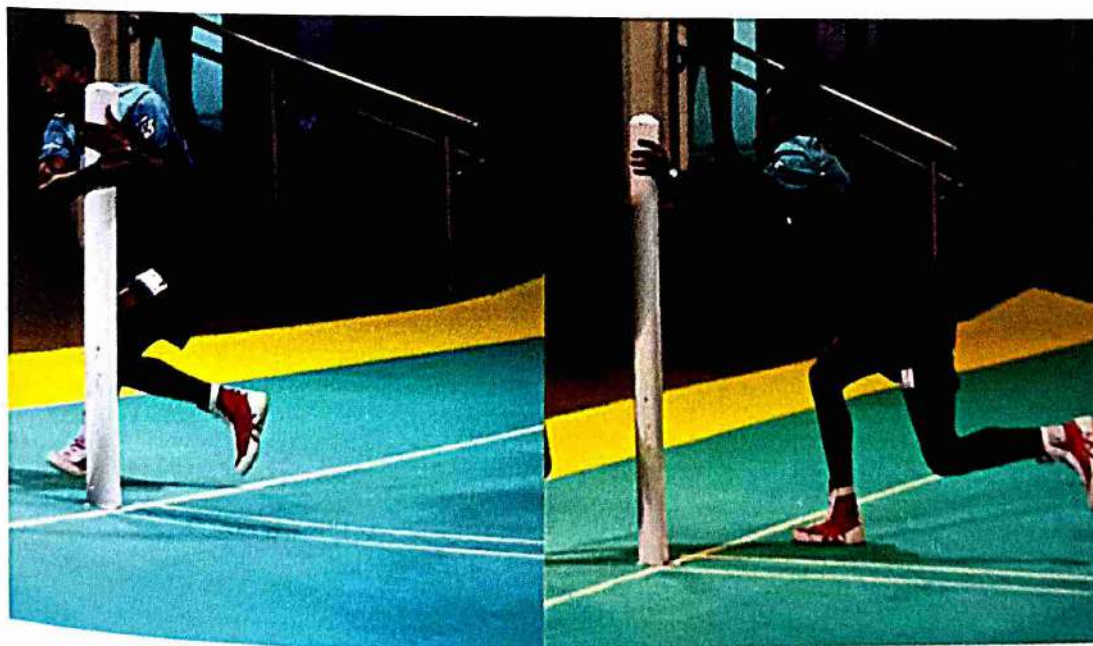
8.17 TO LEAVE THE FREE ZONE

When an Attacker loses contact with the Free Zone by his feet, he is said to have left the Free Zone. But while attacking towards Boundary Line, Attacker should maintain/follow the Rules & Regulations of taking direction and receding. However, he may use the Free Zone.



8.18 TO REACH THE FREE ZONE

When an Attacker comes in contact with the Free Zone by his feet, he is said to have reached the Free Zone.



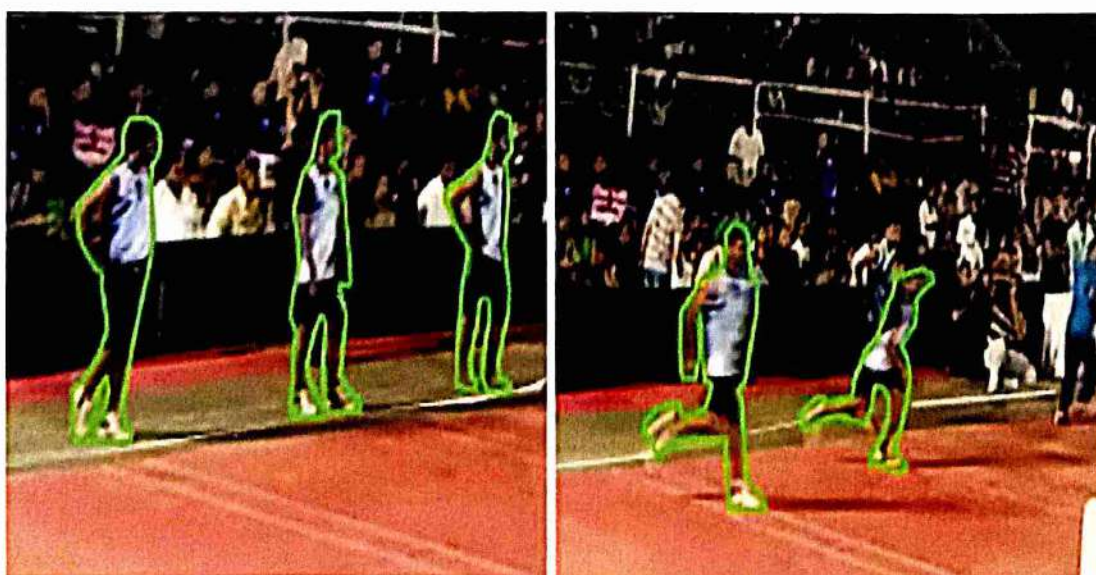
8.19 BOUNDARY OUT / OUT OF FIELD

If a Defender loses contact of his body with the Playfield and goes in the Lobby, he is said to have gone OUT OF FIELD or BOUNDARY OUT. If Defender's any part of the body remains in contact with the Playfield all the time while slipping/skidding or moving towards Lobby, then it will not be considered as Boundary Out.



8.20 ENTRY

Defender is said to have entered in the Playfield as soon as he loses the contact with the Lobby and comes in contact with the Playfield with his feet.



8.21 TO RECEDE

When an Attacker while going in a particular direction touches the area which he had already covered is considered as Receding. The area covered will always measure with an imaginary line running with Attacker's rear foot (parallel to the Cross Lane) in opposite direction of the Attacker's movement.

8.22 FOUL

If an Attacker or Sitting Attacker violates any Rule is known as FOUL.

8.23 POST UMPIRE ARENA

The area specially marked (1 M x 1 M) just behind the Free Zones is known as Post Umpire Arena.

8.24 AGE GROUP

Following age group and criteria is fixed for classification of JUNIOR and SUB-JUNIOR category.

- a) JUNIOR BOYS/GIRLS: Age below 18 yrs. as on or before last day of the Tournament. INDEX: 250
- b) SUB-JUNIOR BOYS/GIRLS: Age below 14 yrs. as on or before last day of the Tournament. INDEX: 215
- c) Age Proof: Date of Birth Certificate in original issued by competent Authority/Board Examination Mark Sheet/Admit Card/Certificate shall be produced.

8.25 INDEX FORMULA:

Height in Cms + Weight in Kg + Complete Age in years.

8.26 PROTEST

If any Coach / Manager of a Team have any complain regarding the fair play of the match / age fraud of any player/s may write to the Jury of Appeal / Organising Committee within half an hour of the completion of their match along with Protest Fee of Rs. 1000/.

8.27 SUBSTITUTION ZONE:

The area marked both sides of the scoring table in the Lobby measuring 1M X 1M is called the Substitution Zone. The substitute player (moving in) should stand in their respective Substitution Zone and request the Asst. Scorer for the desired Substitution.

9 RULES OF THE GAME

1. The Ground/Playfield shall be marked properly as shown in Part VII.
2. Referee shall call both the captains for the spin of the coin (Toss). He shall stand at the centre of the Playfield facing the Scoring Table/or towards main stage of the event. He shall instruct one of them to call the choice of the side of the coin. He shall then spin the coin and declare the winner of the toss. The coin shall be sufficiently heavy. The winner of the toss after choosing Defense or Attack, cannot change his decision.



In case of any dispute between the teams for opting the Home and Away Dugouts the Referee may decide and allot them their respective Dugouts.

3. The winner of the toss shall raise his arm immediately and indicate by his index finger either to the Central Lane or to the Boundary Line for opting Attacking or Defense respectively. No captain shall touch or pick up the coin before the Referee declares the winner of the toss. It will be considered as unsportsmanlike behaviour if any captain does so, Referee shall declare the captain of the other side as winner of the spin of the coin.
4. A minimum 09 players are required to play a match. If any team is not able to nominate the requisite number i.e. 09 players for a match, then they will not allow to play the match and walkover shall be given to the opponent team.
5. Any 8 Attackers shall occupy the Attacker Blocks facing the Boundary Line in such a way that no two adjacent Sitting Attackers facing the same Boundary Line and all the Sitting Attackers will sit in such a manner that their toes will touch the line which bifurcate Attacker Block in two equal halves.. The ninth Attacker shall stand in either of the Free Zone to start the Attack. Once the Free Zone opted by an Attacker to start the attack, then he is not allowed to change the same.
6. At the commencement of a turn, the first Batch of three Defenders shall be inside the Playfield and remaining Defenders shall occupy the seats meant for them. When a Defender is being declared out, he shall occupy the seat meant for him in the Dugout.

7. After the commencement of a turn,

- a) No Sitting Attacker shall stand in the Attacker Block without getting a KHO, if he does so, a verbal warning will be given by the Referee/Umpire and repetition of the same will amount to misbehaviour and Referee may penalize the Sitting Attacker (maximum one minute suspension to the concerned Sitting Attacker) by showing a Blue Card. It will not carry forward to the next Turn. The Dugout Official/Asst. Scorer will keep the record of OUT and IN time of that particular player. If the said Attacker doesn't wish to enter in the Playfield after one minute suspension then the Temporary Substitution will be converted into the Regular Substitution. The Scorer will record it in the remarks column.
 - b) No Sitting Attacker shall interchange his Attacker Block with the adjacent Sitting Attacker, if they do so, a verbal warning will be given by the Referee/Umpires and repetition of the same will amount to misbehaviour and Referee may penalize both the Sitting Attackers by showing a Blue Card. Referee/Umpire will ask both the Sitting Attackers to sit in a manner which was supposed to be earlier. Before that if any Defender is touched by any one of them, the Defender shall not be declared OUT.
8. During the match, if any team fall short of 09 players due to Red Card or Injury, the said team will not allow to play in any case. In case of Blue Card given to an Attacker and suppose the team is playing only with 09 players (no Substitute player is available), in that case, the turn shall be closed immediately by the Referee without forfeiting their right to play their Defense Turn.
9. An Attacker cannot cross the Central Lane between the Posts to go to the other half of the Playfield or to the Free Zone.
10. Touching the Central Lane is not a Foul. If an Attacker while attacking crosses both the lines of the Central Lane completely with his foot, then it will be considered as Foul.

However, if an Attacker touches the Central Lane while touching the Defender or as a result of action in putting out the Defender immediately after touching the Central Lane does so, Foul shall be declared and Defender shall not be declared out.

11. When a KHO is given, an Attacker must touch the back of Sitting Attacker with his hand from behind (palmar side of the hand) and utter the word "KHO" (simultaneously or immediately after touching), that must be heard by the Referee/Umpires and Defenders. The Sitting Attacker cannot get up without getting a KHO.

- a) If the action of uttering the word KHO precedes the action of touching by hand, then it shall be deemed as Foul.
- b) Single action of touching will not be deemed as Foul. If an Attacker touches a Sitting Attacker sitting in the Attacker Block nearest to the Post, when Defender is near the Post, KHO must be given.
- c) If an Attacker utters any word other than the word 'KHO', it will be deemed as

Foul. Uttering the word 'KHO' or any word resembling 'KHO' by any of the Sitting Attacker will also be treated as Foul.

- d) Only uttering 'KHO' and not touching by hand, will also be considered as Foul.
- e) A slight movement or jerk in the body of Sitting Attacker just before receiving 'KHO' or when Attacker is moving behind him may not be considered as Early Rise Foul (except at Attacker Block nearest to the Post).

12. The following three actions of an Attacker where a 'KHO' is given will be allowed. However, the feet of an Attacker shall not go beyond the Cross Lane.
 - a) An Attacker's front foot need not necessarily be in touch with Cross Lane.
 - b) An Attacker may be in the Cross Lane.
 - c) An Attacker's at least one foot should be in touch with the Cross Lane all the time, while the other portion of his body may go beyond that Cross Lane.
13. After touching a Sitting Attacker except nearest to the Post (8th Sitting Attacker) if an Attacker moves away beyond the Cross Lane, he shall be deemed to have continued his attack and he shall not be allowed to utter 'KHO' from the distance. However, if an Attacker moves along with the Cross Lane toward the Boundary Line without committing any foul, he may come back and give 'KHO'.
14. An Attacker cannot take support of a Sitting Attacker to put Out a Defender. The Sitting Attacker also cannot help physically to the Attacker, preventing him to commit a Foul. In continuation of this action, if any Defender is touched by the Attacker, the Defender shall not be declared OUT. In the same manner, the Defenders who are standing in the Entry Zone cannot help physically to Defender for preventing him to go Out of Field. If they do so, the Defender will be considered as Out of Field.
15. An Attacker cannot give a KHO to the extended arm, leg or any part of the body tilted towards him by a Sitting Attacker.
16. After getting a KHO, the Sitting Attacker will immediately be an Attacker and shall move towards the half that he is facing and shall go in the direction which he has taken by going beyond the Cross Lane of his Attacker Block or turning his shoulder line towards any of the Posts.
17. After giving a PERFECT KHO, an Attacker shall cease to be so and shall sit down immediately on the Attacker Block of the Sitting Attacker to whom a KHO has been given.
 - a) After giving a KHO, it shall not be a Foul, if the Sitting Attacker while sitting loses the contact of the Cross Lane.
 - b) The natural time needed to sit on the Attacker Block after giving a KHO, must be given. However, this action should not obstruct the Defender, and if obstructed, a Foul shall be given.

- c) After receiving a KHO, an Attacker cannot touch a Defender before leaving the Attacker Block.
18. During the execution of Post Dive, skidding back of grounded foot shall not be a Foul, but touching or crossing Central Lane by any part of the body or uniform of the Attacker will be a Foul. While Post Diving, the Attacker may swing his body in the air but should land in the same side of the Playfield after executing the Post Dive.
19. The Attacker cannot recede after taking a particular direction, except in the following cases:
- a) While moving on Cross Lane, if an Attacker steps back in the Cross Lane.
 - b) If an Attacker steps back at the time of getting up after a Flat Dive.
 - c) Skidding back of grounded foot while Post Diving.
 - d) While beginning the attack after covering on Cross Lane, if Attacker's rear foot goes beyond the Cross Lane in the opposite direction of his Attack.
20. An Attacker shall take direction according to the one of the actions, whichever he performs first, mentioned in rule no. 15 above.
21. Once an Attacker has taken a direction, he has to go to that direction till he reaches the Free Zone unless he gives a KHO before that. An Attacker shall not go to the other half of the Playfield unless he turns around the Post through the Free Zone.
22. The rules about taking the Direction and Receding shall not be applicable in the FREE ZONE.
23. The Sitting Attacker/s should sit in such a manner which should not obstruct the Defender/s. The deliberate action of moving/tilting shoulder, thigh or any other part of the body by a Sitting Attacker towards a Defender who is running near the Central Lane, which may cause to obstruct or obstructed the Defender, it shall be treated as a Foul and he shall be warned by Referee/Umpire. In case, the Defender is touched by the Attacker due to this obstruction, the Defender shall not be declared OUT.
24. During a turn an Attacker may go out of Playfield but he shall follow all the rules about taking Direction and Receding even when he is out of the Playfield.
25. An Attacker shall not be insisted to enter in the Playfield through the Free Zone, if he goes beyond the extended imaginary Post Line.
26. If any Attacker/Sitting Attacker violates any rules, the Referee/Umpire shall declare a Foul by blowing a short whistle continuously and compel the Attacker to go in opposite direction of the Active Defender. The Attacker must rectify the Foul either by giving KHO or may continue his attack in the opposite direction of the Active Defender as indicated by the Referee/Umpire. While rectifying the Foul in the opposite direction, the Attacker may pursue the other Defenders. The Attacker is not compelled to give a KHO.

27. An Attacker cannot change his Direction by simply kicking the Post with his leg. If he does so, it will be declared as Foul.
28. A Defender cannot touch a Sitting Attacker deliberately or a Sitting Attacker should not be affected by Defender's actions i.e. pulling, pushing or dangerous touch. These actions are not allowed in any case. If any Defender does so, he shall be warned once verbally and if he repeats in the same turn, he shall be declared out.
29. A Defender shall be declared out by a short blow of whistle.....
- a) If an Attacker touched him with his hand at any part of the body or uniform without violating any rule.
 - b) If any Defender goes Boundary Out / Out of Field.
 - c) After a verbal warning given to him for touching the Sitting Attacker/s deliberately.
 - d) In case of Red Card.
 - e) In case of Late Entry.
30. If a Foul is committed by an Attacker or Sitting Attacker does not give any advantage whatsoever to the attacking side in their Attack and disadvantage to the Defender/s, the said action shall not be declared as Foul. The Foul shall be ignored.
31. Deliberately pushing, catching, pulling even by uniform or hitting the Defender will be treated as misbehaviour.
32. While Attacking a Defender, if an Attacker after violating any rule, pushes a Defender Out of the Field, the Defender shall not be declared out.
33. If a Defender is put out as a result of a Foul or a Foul is committed immediately as a result of the action taken* while putting a Defender out, he shall not be declared out.

*As result of action taken implies that there should not be time lapse between Foul and action.

10 RULES ABOUT MATCHES

1. TEAM COMPOSITION:

- a) A team consists of 15 Players, one Coach, one Asst. Coach, one Manager and other Supporting Staff (i.e. Doctor, Physiotherapist, Trainer, Psychologist and Sports Video Analyzer). 09 players will take the Playfield at the beginning to start the match. The remaining 06 players will be the part of the team as Substitute Players.
- b) All the players must wear the player uniform having number printed from 01 to 99 at both sides (front and back). No player can change the T-Shirt number once allotted at the beginning of the tournament.

2. MATCH DURATION:

A match will be played in 02 Innings. An Inning will consist of Attacking and Defense turns which shall be of 9 minutes each for Men/Women & Junior Boys/Girls. It shall be of 7 minutes for Sub-Junior Boys/Girls. Each match will consist of two Innings. There shall be an interval of 4 minutes after an Inning and 3 minutes break between two turns for all age categories (Men/Women / Junior Boys/Girls / Sub-Junior Boys/Girls).

3. The Captain/Coach shall give record of T-Shirt/Shirt number of 06 Substitute players at the beginning of the match to Scorer-2.
4. For the 1st Inning only, the Defending team will intimate the position of all 09 Defenders in 03 Batches to the Scorer-2 at the beginning of their Defense Turn.
5. The Defending team will send its Defenders in 03 Batches for their Defense. A Batch will consist of 03 Defenders.
6. The Team possesses the liberty to determine the order of its three Batches with the outset of the match but the order in which the Batches entered in the Playfield will not change during that particular Turn. Shuffling of Defenders is not allowed among the Batches at any stage of the match (except in case of Minimum Chase).
7. At the beginning of the turn, 3 Defenders shall enter in the Playfield in a Batch of three for their Defense. Subsequently next 3 Defenders shall enter in the Playfield through their Entry Zone only. When third/last Defender of a Batch is declared out, next 3 Defenders shall be inside the Playfield before two KHOs are given. The Defenders, who fail to enter within the time span of two KHOs, shall be declared out for having entered late (Late Entry).
8. The Defenders who entered in the Playfield early, shall not be declared out but called back by Referee/Scorer- 2.

9. If attacking team fails to Touch Out all 09 Defenders of 03 Batches in the First Inning, then the Defender/s who remains Untagged or Not Out will be given priority entry (preceding the entry of the tagged out Defenders) in the Second Inning. The order of rest of the Batches may change.
- Suppose, the Second Inning started with any Defender/s of a 2nd Batch, then the Defending team is not allowed to change Order of Batches.
 - If any Defender/s who remain Untagged or Not Out in the First Inning as well as in the Second Inning and suppose match goes in Extra Inning (Third Inning), then the priority entry must be given to them (preceding the entry of the tagged out Defenders) in the Additional Inning (except Minimum Chase).
 - If any Defender/s of a Batch who was playing in the Playfield at the end of the Turn remain Untagged or Not Out in the First Inning, then he will continue as first Batch in the next Inning (except Minimum Chase). This Batch may or may not have 03 Defenders.
 - If more than one Batch remains Untagged or Not Out then the Coach may decide which Batch will go first in the Second Inning,
 - The Defender/s who remains Untagged or Not Out in the First Inning cannot be substituted in the Second Inning during their Defense Turn (except in case of Injury or Red Card). The Untagged or Not Out Defenders may be substituted during their Attacking Turn.
10. If attacking team successfully Touch Out all 09 Defenders of 03 Batches in the First Inning, then Defending Team may change order of Batches in the Second Inning.
11. If any Defender entered in the Playfield in a wrong Batch, then he must be called back immediately by the Referee and 02 points will be given to the Attacking Team as Late Entry without forfeiting his right to come in his original Batch.
12. If the Defender who entered in a wrong Batch is touched 'OUT' by the Attacking team and after that it comes in the notice of the Referee, then
- Additional 02 points will be awarded to the Attacking team as Penalty to the Defending team in case his original Batch doesn't supposed to come or get a chance to enter in the Playfield during rest of the play. The same shall be recorded in the Remarks Column.
- OR
- If the turn of his original Batch comes either in first Inning or second Inning, then the said Defender is not allowed to come in his original Batch (once only), thus the Attacking team will get 02 points as Late Entry for the same either in First Inning or Second Inning.

13. The Defender who is declared OUT should not obstruct any Attacker and move out immediately from the Playfield through nearest Lobby.
14. An Attacker who put Out the last Defender of a Batch cannot chase the Defenders of a new Batch. He must give a KHO, if he continues his attack and touch Out any Defender, the Defender shall not be declared Out.
15. After giving one KHO, if any Defender/s has taken entry inside the Playfield, Attacker is allowed to chase that particular Defender/s. It is not obligatory to give two KHOs to chase the Defender/s who has already entered.
16. After the first Defender of a Batch is being declared Out, the Defenders of next Batch may enter in the Entry Zone. Each side shall enter its Defenders to the Playfield through their Entry Zone only. Once the Defenders of a Batch entered in the Entry Zone and noted by the Asst. Scorer, then the said Batch cannot be change or replace by another Batch.
17. If all 3 Defenders of a Batch have been given out as Late Entry, the Referee has the discretion to decide the Batch and declare them Out. The Referee shall allow the next Batch to enter in the Playfield within 15 Seconds. All 03 Defenders may enter in the Playfield together or one by one within the stipulated time period (15 seconds). The Attacking team can also chase the Defender/s who entered in the Playfield.

If any team not sending their Defenders intentionally or knowingly, the Referee will wait for 60 seconds (15 seconds X 4 time's late entry). The time will be calculated since when the Referee declared Out to the last Defender of previous Batch. After that he shall declare the Turn as closed and may take appropriate decision and report the matter to the Convenor, Referee Board, KKFI. The Convenor, Referee Board, KKFI will report the matter to the Jury of Appeal/Organizing Committee.

18. The Captain of the Attacking team shall have the option to end the Turn before allotted time provided after scoring 18 points in the first Inning. In subsequent Innings, there is no such restriction of scoring 18 points to end the Turn. The Captain shall inform the Referee about the same by raising his arm and request him to stop the Turn. Referee shall stop the Turn immediately and declare the Turn as closed.
19. The Captain or Coach of a team who is trailing by 18 points or more after first Inning can request the Referee to end the match. The Referee will write the Remark as match is conceded by an Inning. The Referee may allow this and declare the opposite team as winner.

20. SCORING:

- a) The Attacking side shall get 02 (two) points for each Defender who is declared Out.
- b) The Defending team will get 01 (one) additional bonus point as Dream Run if any Batch survives for 4:00 minutes and plus 01 (one) bonus point for every 1:00 minute thereafter.
- c) The timing of the last Batch who remain Not Out in the First Inning, will not count for Dream Run in the Second Inning.

21. LEAGUE SYSTEM:

- a) In the League matches, the Winner team of the match will get 03 Points and the Loser team will get Zero Point. In case of a tie, both the side will get 01 Points each. If there is a tie in the League Points Table of any Pool, the concerned team/s shall replay the match/es on Knock Out basis after drawing a lot. In case, it is not possible to conduct match/es for some unavoidable circumstances, the match/es can be played on minimum chase basis. The toss will be the last option to decide the winner of the match.
 - b) The Pool winner in the League Points Table will get a choice to choose/select Winner or Runner up placing for the knockout stage. But the said team should request for the same to the Technical Committee, KKF in writing within 30 minutes of the completion of all matches of their Pool.
22. In the League/Knock Out matches, the team who score more points at the end of the match shall be declared as Winner.
23. In the Knock Out matches, if both the teams scores equal points after the end of second Inning, then one more Extra Inning (one turn for each side as Attack and Defense) shall be played. If again the points are equal, an additional Inning shall be played on minimum chase basis.

MINIMUM CHASE:

The rules for the Minimum Chase are as follows:

- a) Referee will start the turn of this additional Innings. As soon as first point is scored, the turn shall be closed by the Referee. He shall stop his Stop Watch simultaneously. The time for scoring of this first point shall thus be noted. The side that takes less time to score their first point (MINIMUM CHASE) shall be declared as winner of the match. The Referee shall stop the match in the second turn, if the time exceeds more than 30 seconds than the recorded time of the opponents.
- b) The Defending team may send any 03 Defenders out of their three Batches.

- c) No additional bonus point will be given for Dream Run to the Defending team.
 - d) No Substitution is allowed.
 - e) If needed, this process shall continue till the winner is decided. Time taken to secure first point shall be recorded in the Score Sheet.
24. No team shall leave the Attacker Blocks or Ground without permission of the Referee. If they do so, the Referee may take appropriate decision and report the matter to the Convenor, Referee Board, KKFI. The Convenor, Referee Board, KKFI will report the matter to the Jury of Appeal/Organizing Committee.
25. If any team don't report/turn up for their match with/or without any reason, the opponent will be declared as winner of the match and Convenor, Referee Board, KKFI will report the matter to the Jury of Appeal/Organizing Committee for further action.
26. Referee shall close the turn after the winning point is scored (if not requested by the Attacking side captain). At that time, Referee must calculate the number of Dream Run points available for Defending Team before closing the Turn.
27. If matches is being played on plain soil (mud surface), then proper marking or watering of the Playfield has to be done twice. Once before beginning of the match and secondly between two Innings. Watering or marking of the Playfield during the match is the sole discretion of the Referee.
28. If any Defender goes Out of Field unknowingly due to the contradict decision of two Umpires, the Referee may call him back if his final decision is Not Out.
29. If any Defender after spending a good time on the Playfield, willingly goes Out of Field (Self Out) by pointing his index finger towards the sky may be considered as Retired.
30. When the Attacking team continuously attacking a particular Defender for a quite some time and in the meantime the Attacker suddenly left that particular Defender and successfully touch OUT the other Defender of that Batch, the said action of the Attacker should be considered as Sudden Attack. In that case, the Personal Time of the Defender who declared OUT should be 0.00 minutes.
31. If any Attacker touches a Defender without violating any Rule just before the final whistle of the Time Keeper blows for the Turn Close, the Referee will declare the said Defender 'OUT'. There is no need to check the follow through action of the Attacker after the whistle blows for the Turn Close. The time for the 'OUT' will be recorded as 06.59/08.59. If Attacker's action of touching the Defender and the whistle for Turn Close blows simultaneously then the Defender shall not be declared OUT. The Referee's decision will be final.

32. FOLLOW ON:

Optional

- a) After the completion of first Inning, if the points of the side, who was Attacking in the first Turn, exceeds the points of other side by 12 to 16, then former side shall have the option of asking the trailing side to follow on its turn as an Attacker, without forfeiting its own right to take its turn as an Attacker afterwards, in case the trailing side exceeds their score from the opponent.

Compulsory/Mandatory

- b) After the completion of first Inning, if the difference between the two team's scores is 18 points or more, then it is mandatory to give follow on to the trailing side. In case, a team wins the match by follow on, the result will be written as "team won by an Innings".

33. SUBSTITUTION:

- a) Any number of times the substitution is allowed to the Attacking Team during their Attack.
- b) For Defending team, the Substitution is allowed only before their Defense Turn begins.
- c) If any Defender gets injured (only in case of injury certified by the Referee and/or Health and Safety Committee), the Referee may allow the Defending team to substitute their injured player with the Substitute Players during the play or between two Innings/Turns. The Substitute Player (ingoing) who is substituted shall come in the same Batch of Substituted Player (outgoing), if the Batch has to come again for their Defense.
- d) If Referee shows a RED CARD to any Defender, a substitution is allowed to Defending team during their Defense. Substitute player (ingoing) shall enter in the Playfield in the same Batch of Substituted player (outgoing), if he has to come for Defense in the same turn.
- e) The Defender/s who remains Untagged or Not Out in the First Inning cannot be substituted in the Second Inning during their Defense Turn except in case of Injury or Red Card. The Untagged or Not Out Defenders may be Substituted in their Attacking Turn.
- f) If Referee shows a Blue Card to any Sitting Attacker, then he must be immediately replaced by the Substitute Player. The concerned player may/may not come to play after 01 minute suspension. If he doesn't come, then the said Temporary Substitution will be converted into Regular Substitution.
- g) If Referee shows a Red Card to any Attacker/Sitting Attacker, then he must be immediately replaced by the Substitute Player.

- h) Both the team will Substitute their players through their Substitution Zone only.
 - i) As soon as Referee/Scorer- 2 announces the T-Shirt/Shirt no. of Sitting Attacker (outgoing), then it is mandatory for him to come out of the Playfield immediately after getting 'KHO' and Substitute Player (incoming) will take his place.
 - j) If outgoing Attacker gets KHO, he cannot chase any Defender. If he continues his attack and touch Out any Defender, the Defender shall not be declared Out.
 - k) Incoming Attacker cannot pursue the Defender/s directly while entering in the Playfield, he must give a 'KHO' first, if he continues his attack and touch Out any Defender, the Defender shall not be declared Out.
34. If the matches are scheduled to be played in Flood light, then the density of the flood light should not be less than 250 lux or Zero shadow will be maintained.
35. If a match is not completed due to any natural means, it shall be continued further at another time, with the same players and same officials as recorded in the Score Sheet, provided it is played in the same session. The scores of the completed turn/turns of each side shall be counted, the match will resume again from the beginning of incomplete turn. If the incomplete match is not played in the same session, the entire match will be replayed from the beginning. In this case the players and officials need not to be the same. If a match is not completed due to other than natural means, the Jury of Appeal/Organizing Committee will take appropriate decision.
36. The teams shall leave the Playfield only after the Referee declares the results of the match.
37. If the entire session/matches are washed out due to rain or by any other natural means and the Competent Authority are not able to conduct the matches due to short of time period, the said match/es can be played on Minimum Chase basis. The toss will be the last option to decide the winner of the match/es.
38. Due to any unavoidable situation, if any Final Match of the Tournament/ Championship is not completed or conducted, then both teams will play the match on Minimum Chase basis. The toss will be the last option to decide the winner of the match.
39. Both Semi Final loser teams will be considered as **THIRD PLACE WINNER**.
40. For seeding purpose for next National Championship to decide positions (Except 1st & 2nd Position) the minimum chase rule shall be applied.

41. Time for session is as follows:

- a) **Morning Session :** Start of session in the morning till completion of all the matches of the first session.
- b) **Afternoon Session :** Start of the next session till the Completion of all the matches of the day.

42. TECHNICAL OFFICIALS:

The following 11 technical officials will be deputed to conduct a Match.

- a. **01 REFEREE**
- b. **02 UMPIRES**
- c. **02 POST UMPIRES**
- d. **01 SCORER**
- e. **01 ASST. SCORER**
- f. **02 TIME KEEPER**
- g. **02 DUGOUT OFFICIALS**

11 TECHNICAL OFFICIAL/REFEREE'S DUTIES

The following officials shall be appointed for the management of a match namely 01 Referee, 02 Umpires, 02 Post Umpires, 02 Time Keeper, 01 Scorer, 01 Asst. Scorer and 02 Dugout Officials.

11.1 REFEREE

The Referee shall perform the following duties:

- a) He shall check the Score Sheet, Ground etc. and take the toss before starting the match (as explained in the Rules of the Game). He shall help the Umpires to perform their duties. In case of any difference of opinion between them, he shall give his final decision.
- b) If any Player/Coach/Manager intentionally obstructs the conduct of the play or behaves in an ungentle manly or mischievous manner or intentionally violates any of the rules, the Referee at his discretion shall penalize the defaulting Player/Coach/Manager. The penalty at his discretion shall range according to the default from warning a defaulting Player/Coach/Manager or the entire team to the extent of prohibiting participation in further play of the match.
- c) He shall announce the warning by calling the T-Shirt number of the player (Defender or Attacker/Sitting Attacker) or name of Coach/Manager and simultaneously show a Yellow Card. It shall be recorded by the Scorer-1 by marking "Y" against the T-Shirt number in the warning column.
- d) The Referee may warn the Sitting Attacker/s verbally first for unnecessary standing in the Attacker Block to take undue advantage, if he repeats the same, the Referee may show a Blue Card to the concerned Sitting Attacker/s. It is a penalty of one minute suspension to the concerned Sitting Attacker. It shall be recorded by the Scorer-1 by marking "B" against the T-Shirt number in the warning column.
- e) In a similar way Referee can show a Red Card to a defaulting Player/Coach/Manager. This will also be recorded by Scorer-1 by marking 'F' against the T-Shirt number in Warning column. Such a Player/Coach/Manager will be forbidden from further participation in rest of the play and for the next match too. He shall be immediately replaced and asked to leave the arena.
- f) If a Red Card is shown to the Defender by the Referee to penalize his offence, he will be declared 'Out' and shall be forbidden from the participation for rest of that particular match and for the next match too. His substitute (Injury Subs) will be allowed to play in the same Batch if the Batch is to come/play again in that particular turn.
- g) If a Red Card is shown to the Attacker by the Referee to penalize his offence, he will be immediately substituted by another Attacker (Injury Subs) and shall be forbidden from the participation for rest of that particular match and for the next match too.

- h) The Referee shall instruct the Time Keeper to start the turn after checking the readiness of both teams and officials.
- i) He shall synchronize his Stop watch with the Stop watch of the Time Keeper and shall check the time after each turn.
- j) He shall check the scores of the sides at the end of each turn from the Score Sheet and also announce the result of the match by checking the Score Sheet after the completion of the match.
- k) He shall alone keep the time during the additional Inning of Minimum chase.
- l) He shall be over all responsible for the smooth conduct of a match.

11.2 UMPIRE

The Umpires shall move in the Lobby and shall conduct the game. For any reason, if they enter in the Field, then they should come back to the Lobby immediately without obstructing the progress of the match. They shall give decisions by helping each other. Umpire shall declare a Foul and compel Attacker to act up to rule. If there is any unfair means used in the play, he can warn the concerned Player/Coach/Manager verbally and show Yellow Card and shall bring it to the Referee's notice for further action, if necessary.

11.3 POST UMPIRE

The Post Umpires shall help the Referee (whenever asked) to do the real time judgment when the Active Defender and Attacker both are near the Post.

11.4 TIME KEEPER

The Time Keeper shall start the turn by blowing a long whistle followed by a short whistle, after getting the direction from the Referee. The end of the turn shall be declared by him also by blowing a long whistle. He shall enter the Lobby and declare the completion of each minute of play loudly by raising his arm holding a time indicator above head so as to display to all concerned. One of the Time Keeper will monitor the Stop Watch for Dream Run purpose.

11.5 SCORER

11.5.1 Scorer-1

He shall note down and check the names and T-Shirt number of the players. He shall record the performance of the players of both the teams. At the end of the match, he shall prepare the Final Scores of the two sides and the result of the match. He shall get the Score Sheet duly signed by all the officials. After completing the Score Sheet, he shall hand it over to the Referee for checking and declaring the result of the match.

11.5.2 Scorer-2/Asst. Scorer

He shall record the order of the Defenders along with their Batch. He shall keep a record of the Defenders who are OUT along with the attacker who puts out. He shall record the process of substitution. The coach should inform him for desired substitution, mentioning the T-Shirt number of player/s being substituted OUT & IN. He shall inform the Referee and Score-1 about the substitution being done. The Defenders who may enter early shall not be declared out but called back by Scorer- 2.

He will also keep record of order of Batches. No Defender can enter in the Field in a wrong Batch. If Referee shows a Blue Card to any Sitting Attacker, then he will keep the record of 01 minute suspension of that particular player and send him again to play after the completion of 01 minute suspension.

11.6 DUGOUT OFFICIAL

Both the Dugout Officials will control their respective team bench and fully responsible to maintain the discipline near the team bench arena. If any Team Coach/Manager/Players intentionally create trouble again and again, then he may show Yellow/Red Card to the defaulting Team Coach/Manager/Player and inform the Referee for the same.

The Dugout Officials also maintain the record of Substitution and the order of Batches. No Defender can enter in the Field in a wrong Batch. If Referee shows a Blue Card to any Sitting Attacker, then he will also keep the record of 01 minute suspension of that particular player and send him again to play after the completion of 01 minute suspension.

11.7 After the start of a match, if any of the official/s is unable to officiate for any reason, the remaining officials shall manage the officiating till the end of the turn. If official is unable to resume the work. A new official will replace him.

11.8 The officials for a match shall be appointed by the competent Authority and shall function under the guidance of the Referee.

12 RULES ABOUT PLAYERS/MANAGERS/COACHES

12.1 PLAYERS UNIFORM

- a) Uniform of a KHO-KHO player includes Sports/Mat Shoes (free from any metal part anywhere that may cause injury), Short and Vest (half sleeves)/T-Shirt (for Men and Boys) and Shirt/T-Shirt (for Women and Girls). Each player shall be numbered in front and back of his T-Shirt/Shirt in solid colour, contrasting with the colour of T-Shirt/Shirt.
- b) The number shall be printed/stitched of size 10 cms. in length and 2 cms. in width at front and 20 cms. in length and 2 cms. in width on the back. Contravention of the rule using lesser size will be treated as misbehaviour. The numbers shall be printed from 1 to 15. Players of the same side shall neither wear duplicate numbers nor change numbers during a Tournament/Championship (in case the need arises, Referee can allow to change his/her T-Shirt/Shirt numbers). The manager shall furnish the list of players with T-Shirt numbers to Scorer-1.

12.2 RIGHT AND DUTIES OF PLAYERS

- a) All players must know the rules of the game and abide by the rules.
- b) During the game, only Coach/captain of the team may address to the Referee and shall be the spokesman for his team. He cannot address the other officials. He may address only on matters concerning any dispute.

12.3 CONDUCT OF PLAYERS, COACH AND MANAGER

The Manager, Coach and Players shall sit in the place provided for them.

The following acts are punishable:

- a) Persistent addressing to officials concerning their decisions.
- b) Making derogatory remarks to officials.
- c) Committing actions tending to influence decisions of officials.
- d) Making derogatory acts or personal remarks to the opponents.
- e) Making derogatory acts or personal remarks to the spectators.
- f) Deliberate coaching during the game from outside the Ground.
- g) Leaving the Playfield without permission of the Referee during the match and before the declaration of the result.

Referee shall take action according to the gravity of the offence.

12.4 PENALTIES

- a) For a minor offence, such as argument with the opponents, spectators or officials and shouting etc. - a verbal warning shall be given by the Referee. In case of repetition of the offence, a warning shall be given by showing a Yellow / Blue Card.
- b) For a serious offence, the Referee may disqualify the concerned players/manager/coach for rest of the match by showing a Red Card.
- c) If any Player/Coach/Manager is shown Yellow Card twice in a match, he shall be forbidden from the participation of rest of the match and for the next match also of that particular tournament. If he is shown Yellow Card in two different matches in a particular tournament, he shall be forbidden from the participation for the next match of that particular tournament.
- d) If any Player/Coach/Manager is shown Red Card in a match, he shall be forbidden from participation for the rest of the match and for the next match also of that particular tournament.

As mentioned in the rule no. 3 and 4 above, the action (Warning/Punishing) shall be taken by Referee/Umpires only. The Referee shall report the matter in writing to the Technical Committee, if necessary.

13 REQUIREMENT TO HOST THE NATIONAL CHAMPIONSHIP

13.1 GROUND ARRANGMENT

The organizer should facilitate Four Kho Kho Grounds/Playfields at the Field-of-Play (FOP) for the competition, out of which one should be of Mat Playfield. The ground will be almost even slightly oval shaped at the centre, so that rain water cannot stag if, in case there is continuous rain.

The FOP at the Competition Venue should be free grass and it's laid out East – West as far as practicable; marked with White Paint/lime Powder as per specification mentioned in the Rule Book of KHO KHO FEDERATION OF INDIA.

This ground should be fenced properly for smooth and safe conduct of the matches. There should be two more grounds outside the arena for practice which should be keeping safe distance from the main ground.

13.2 LIGHTING ARRANGMENT

There should be proper lightning arrangements on the playing grounds; the lux level standard is vastly different between broadcasting & non-broadcasting competitions. Accordingly, the stadium lighting luminance during the matches would be at least 250 lux level at each Playfield.

13.3 SITTING ARRANGMENT

Outside the playing arena, there should be a separate sitting enclosure for the technical officials etc. and Referee's Board along with communication addresses system.

Inside the arena, there should be proper sitting arrangements for the Player's and Technical Official's as per KKFI norms. Chairs for all Players, Coaches, Managers, Supporting Staff and Technical Official's (minimum 18 Chairs in each end of the ground, 11 chairs plus one table for Technical Officials with a Garden Umbrella/Pagoda must be provided.

13.4 PLAYERS CHANGING ROOM

At least two changing rooms with necessary requirements (one for Men/Boys & one for Women / Girls) should be provided.

13.5 DRINKING WATER FACILITIES

Fresh and hygienic drinking water for players and officials should be provided during the matches at the ground.

13.6 FIRST AID FACILITIES

First Aid camp with adequate medical facilities should be arranged during matches with Doctors, Nurses along with an Ambulance Van.
Guidelines issued by the Ministry of Health & Family Welfare (MoHFW) / Ministry of Youth Affairs & Sports (MYAS) / Sports Authority of India (SAI) / State Government / any other concerned authority must be followed in letter-in-spirit to prevent spread of nCovid-19 pandemic includes the following:

- i) All participants must carry their nCovid-19 vaccination certificate during the event for their smooth participation.
- ii) Participants do not have vaccination certificate, must have prior nCovid-19 testing done, which would be furnished at the time of arrival.

13.7 SANITISATION FACILITIES

Neat and Clean Separate Toilets (for Men/ Boys and Women/Girls) both category with sufficient Water Facilities should be made available near to venue of the competition.

13.8 OFFICE ACCOMODATION

Well-equipped one office accommodation for General Secretary, KKFI and their Staff and Tournament, Technical and Referees Board with communication system should in the complex to Setup of KKFI Venue Office for seamless management & operations:

- i) 01 (one) Executive Chair with Table and 10 office chairs for seating.
- ii) Broadband WiFi Internet Connectivity (min 50 mbps)
- iii) One sofa set with centre table
- iv) 01 (one) Tea / Coffee vending Machine (with additional premixes & adequate cups).
- v) 01 (one) Water Dispenser with adequate number of disposable Glasses

13.9 OTHER REQUIREMENTS

Apart from the mentioned arrangements, these are the requisites to be supplied by the Organizing Committee to the Convener, Tournament Committee for the smooth management of the competition.

- i) Approved Score Sheets and other necessary papers as per requirement are to be prepared by the Organizing Committee.
- ii) Time display – cards (Four sets) numbering 1 to 8 (for Senior & Junior) and 1 to 6 (for Sub-Junior) painted on both sides of 8 inches X 8 inches 6mm thick plywood or similar board with 6 inches grip with contrast colour visible from distance should be provided by the Organizing Committee.
- iii) Minimum eight Sets (i.e., 4 Sets of Green Colour + 4 Sets of Red Colour) of Player changing Display – cards numbering 1 to 15 painted on both sides of 8 inches X 8 inches 6 mm thick plywood or similar thing with 6 inches grip with

contrast colour visible from distance to be used by the Asst. Scorer during the match for changing of players for each ground is required.

- iv) Wrist Band (SIX SETS) of two different colours for the identification of Captions of both the teams.
- v) Six Sets of Arm badges for conducting official's a set of Eight written 'REFEREE', 'UMPIRE' (2 in number), 'POST UMPIRE' (2 in number), 'TIME KEEPER', 'SCORER-I', 'SCORER-II', 'DUGOUT OFFICIAL' (2 in number) to be supplied prior to the Championship.
- vi) Ground Volunteers at least four for each ground guided by an In-Charge, technically equipped shall be available on the ground during the Match Session.
- vii) For Junior and Sub-Junior National Kho Kho Championships, height & weight measuring facilities system must be provided by the organizer prior to one day earlier of the Championship.
- viii) Tea /Coffee/ Soft Drinks with snacks shall be provided to the Ground Official, Technical Officials, and other technical person at least two times in each session.

13.9.1 STATIONERY

SNo	Item	Specification	Qty.
1)	Portable Hard-disk	External Hard drive – 2 TB capacity	01
2)	Steel Almirah	Big Steel Almirah with Lock	01
3)	Printer A4	Colour Laser Multi-Function A4 Printer with spare Cartridges/Toner	01
4)	Certificate Paper	A4, Matte-Finish, 200 GSM	1500
5)	Files	Official Files	12
6)	Ball Pen	Blue - 5; Black - 5; Green - 5; Red - 5	20
7)	Gel Pen	Blue - 5; Black - 5; Green - 5; Red - 5	20
8)	Permanent Marker	Blue - 2; Black - 2; Green - 2; Red - 2	08
9)	Jute Bag	20 kg	06
10)	Stapler	Small	02
11)	Stapler Pins	Small (No10) - Box	02
12)	Punching Machine	Double Hole	02
13)	Craft Cutter	Standard	02
14)	Scale	Steel - 12 inches	02
15)	A4 White Paper	Reams	02
16)	Whitener	Small pen	02
17)	Glue	Fevistick - Medium size	04
18)	Cello-tape	Transparent 2 cm & 4 cm rolls	02
19)	Scissors	Medium	02
20)	Clip Board	Size for A4 paper	07
21)	Pen-Drive	32 GB	02
22)	Flag Sticks	02 Red and 02 Green	03 Sets

13.10 PRESS & MEDIA

During the Championship there should be a separate arrangement for Press & Media like – Separate sitting arena and any other arrangement as per their requirements.

Photography & Videography of the competitions at all levels is compulsory. The CDs of the Videography, action photographs and newspaper clippings should be submitted to KKFI at the time of submission of UC.

13.11 PUBLICITY

Wide publicity may be given to the competitions in leading newspapers. Banners may be put up in prominent places of the city/town where the competitions are held. Logos of KKFI, SAI and MYAS must be displayed on all banners.

13.12 SOCIAL MEDIA

The host may facilitate Live Telecast with Tune-in & Tune-out Daily Interviews with Talent Surround Content per Event and Event Trivia Posts on KKFI Social Media Handles includes the following:

- Article coverage of the event on Print & Digital Media
- Social Media Stories
- Event coverage and promotion through info graphics.

13.13 SECURITY

Adequate security shall be provided at the ground as well as at the accommodation venue to avoid any unwanted situation, protection and safety of participants.

13.14 TALENT IDENTIFICATION

Members of the Selection Committee constituted by the competent authority of KKFI shall be deputed to all national level competitions to identify talented players for considering them for admission under various SAI Schemes and for the National Coaching Camps. The organizers should provide them all required facilities on and off the ground.

13.15 ANTI DOPING

For National level Kho Kho Championships, National Anti-Doping Agency (NADA) shall be requested to make necessary arrangements for collection of samples for dope testing. Action will be initiated against the players, who are found positive in dope testing as per the extant Anti-Doping Rules.

13.16 OBSERVER

An **Observer** will be deputed for the **National / Zonal Events** to observe overall execution/conduction of said Championship and after conclusion of said event; he/she must submit a detailed comprehensive report to the General Secretary, KKFI.

A team comprising of 2-3 persons shall also visit the competition venue prior to the competition for venue readiness exercise and to check/review the initial planning & preparations required for successful delivery of the event.

13.17 REPORTING

On Completion of the event, the Organizer (State/UT Kho Kho Association/Unit) is required to forward the sequential Photography & Videos of the event along with the **Post Event Report (Delivery & Impact)** to the KKFI.

NOTE: -

- i) The Federation Cup National Kho Kho Championship event may be organized either with Sub-Junior National Kho Kho Championship or separately. The participants eligible for this event are: Winners & Defenders up of the Zonal Championships (Six Zones) and Host Team (if not qualified at Zonal Level). In this Championship, Number of Participants will be reduced remaining all other conditions are same except in which Number of Participants concern.
- ii) To organize any National Championship as stated above, willing State / Region / Union Territory shall apply in writing, to the General Secretary, KHO KHO FEDERATION OF INDIA for inclusion in the next year schedule.
- iii) If allotted, the organizers are liable to organize the Championship in a nice manner. They have to submit the Audited Accounts of the Championship within 20 days of the completion of the event.

In case of any further information is required, which is not covered under these Competition Guidelines & Norms, please write to khokhofederationofindia@gmail.com or contact with the General Secretary, KHO KHO FEDERATION OF INDIA.

14 SCORING IN KHO KHO

The following columns should be filled before the start of the match.

S. NO.	HEADS
1.	Name of the Tournament
2.	Venue
3.	Date
4.	Time
5.	Playfield No.
6.	Match No.
7.	League / Knock Out
8.	Session
9.	Section
10.	Group
11.	Name of the Teams
12.	Name of the Players, Coaches and Managers of both Teams
13.	Name of the Officials

While filling the name of the players, the Scorer-1 will records the captains by writing the word "CAP" against the name of the captains. The Scorer-1 will also encircle the T-Shirt/Shirt number of the substitute players and Injury Subs.

After the toss the Scorer-1 will records the result of the toss and also the choice taken. The T-Shirt/Shirt numbers of the Batches of the Defending team shall be recorded in the columns provided for that team. These numbers should be written in ascending order in that particular column.

14.1 DURING THE MATCH

When a Defender becomes out Five columns have to be filled in namely the T-Shirt/Shirt number of the Defender who is out, T-Shirt/Shirt number of the Attacker who scored the point, the actual running time, the personal timing of the Defender and how the Defender become out (symbol).

For all successive outs the same Five columns should be filled in; however, the personal timing of the Defender will be the difference between the running time and the time at which the last Defender was out.

For Sudden Attack personal timing column need not to be filled in. In cases where Sudden Attack outs are made the personal time of the next Defender will be the difference between the running time and the time at which the Defender who was out before the Sudden Attack.

EXAMPLE:

- a) Running time at which one Defender is out- 6 minutes.
- b) Running time at which Sudden Attack took place - 6.30 minutes.
- c) Running time at which, the next Defender is out-7 minutes.
 - i) Actual personal timing of the last Defender (C- A)
 - ii) $= (7 \text{ mins.} - 6 \text{ mins.}) = 1 \text{ minute.}$

The Defenders who are outs as Late Entry will also not have their personal timing. In case where Defenders are outs without being touched by an Attacker, the column indicating an Attacker who made the out will not be filled in, but the way in which the Defender was out will be recorded in the column "SYMBOLS".

After the completion of every turn, the close of the turn will be indicated by drawing an outline/encircle to the column of the last Active Defender who remains Not Out. In that column the T-Shirt/Shirt number of the Active Defender will be filled in and his running time will be the difference between Nine minutes/Seven minutes and the time at which the last Defender was out.

After the closer of the turn the Points scored in that turn by the Attacking team should be recorded in the relevant column.

14.2 DEFENSE TURN COLUMN

The personal time of the Defender who had participated in that turn should be filled in. If the same Defender entered twice adjacent column against his name should be filled in. While entering the personal time of the Active Defender who remains Not Out, his timing should be encircled.

14.3 ATTACK TURN COLUMN

In this column the number of outs taken by a Attacker is indicated against his name in each turn. The columns Late Entry, Out of Field, Retired and Warning should be filled in after completion of each turn (if required). When a warning is given, it is recorded in the Score Sheet against the name of the player in column- Warning.

14.4 SUBSTITUTE COLUMN

When a substitution is made the T-Shirt/Shirt number of the outgoing player should be written in the top triangle and T- Shirt/Shirt number of the incoming player in the bottom triangle.

After the match Grand Total of the Points are recorded. In the bottom most column, name of the winning team is recorded with Points difference/time left/conceded.

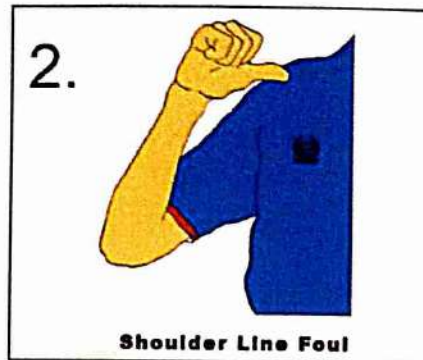
Remarks if any should be recorded, after that the Scorer-1 will affix his signature and obtain the signatures of the Time Keeper, Umpires, Scorer-2 on the Score Sheet and then hand it over to the Referee for verification.

The Referee after scrutinizing the Score Sheet and affixing his signature will hand over the Score Sheet to the Referee's Board after declaring the result.

15 SIGNALS IN KHO KHO



Starting the Turn



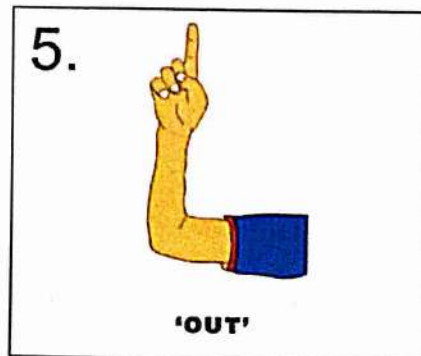
a. Shoulder Line Foul
b. Indicate proper direction



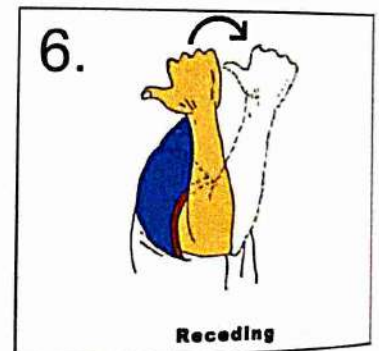
Closing the Turn



Going beyond Cross Lane while giving Kho



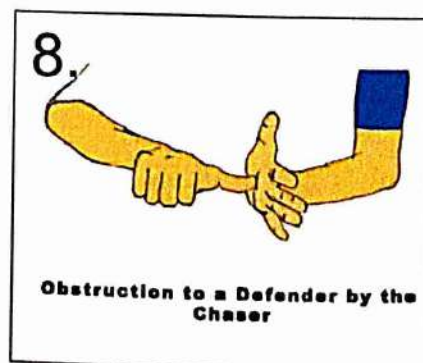
Out



Receding



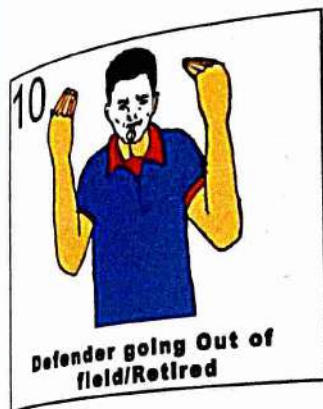
Crossing the Central Lane by the Attacker



Obstructing the Defender by the Sitting Attacker



a. Getting up early
b. Uttering Kho before touching the Sitting Attacker



Defender going Out of field/Retired

Boundary Out or
Out of Field



'KHO' not given after touching the 'Chaser' nearest to the 'Post'

Kho not given after touching the
Sitting Attacker seated nearest to the
Post (8" Sitting Attacker)



Improper uttering of KHO

- a. Improper uttering of Kho
- b. Kho or other similar word utter
by the Sitting Attacker



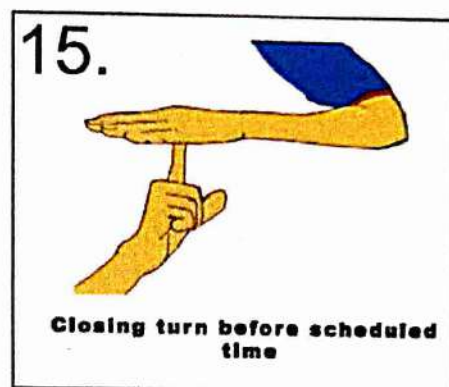
'DEFENDER' is not out

Not Out



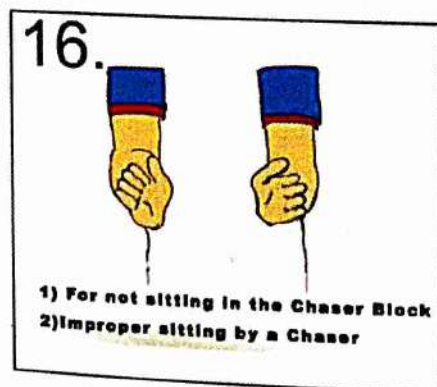
Change the direction

Change of Direction



Closing turn before scheduled
time

Closing the turn before the
schedule time
(Signal by team Captian)



- 1) For not sitting in the Chaser Block
- 2) Improper sitting by a Chaser

Improper sitting in
the Sitting Attacker Block

16 FIXTURE

A	B	C	D	E	F	G	H
1	2	3	4	5	6	7	8
16	15	14	13	12	11	10	9
17	18	19	20	21	22	23	24
32	31	30	29	28	27	26	25
33	34	35	36	37	38	39	40

	PRE QTR-FINAL	QTR FINAL	SEMI FINAL	
WINNER OF - A VS. RUNNER OF - B	WINNER	WINNER	WINNER	FINAL
RUNNER OF - G VS. WINNER OF - H	WINNER	WINNER	WINNER	
WINNER OF - E VS. RUNNER OF - F	WINNER	WINNER	WINNER	
RUNNER OF - C VS. WINNER OF - D	WINNER	WINNER	WINNER	
WINNER OF - C VS. RUNNER OF - D	WINNER	WINNER	WINNER	
RUNNER OF - E VS. WINNER OF - F	WINNER	WINNER	WINNER	
WINNER OF - G VS. RUNNER OF - H	WINNER	WINNER	WINNER	
RUNNER OF - A VS. WINNER OF - B	WINNER	WINNER	WINNER	

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OUR SINCERE THANKS TO:



MR. UPKAR SINGH VIRK



DR. ASGAR ALI



MR. SUMIT BHATIA



MR. PRASHANT PATANKAR



MR. SANJEEV KUMAR



MR. SACHIN GODBOLE



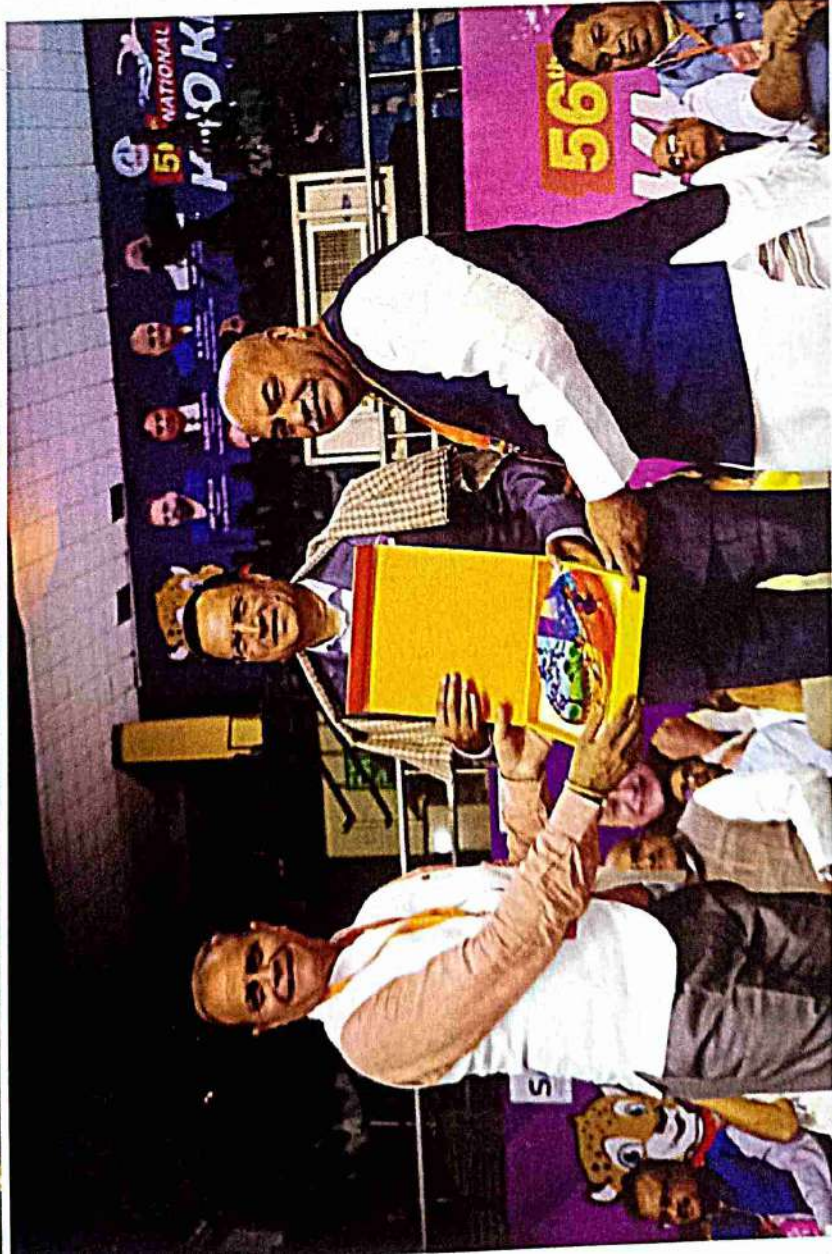
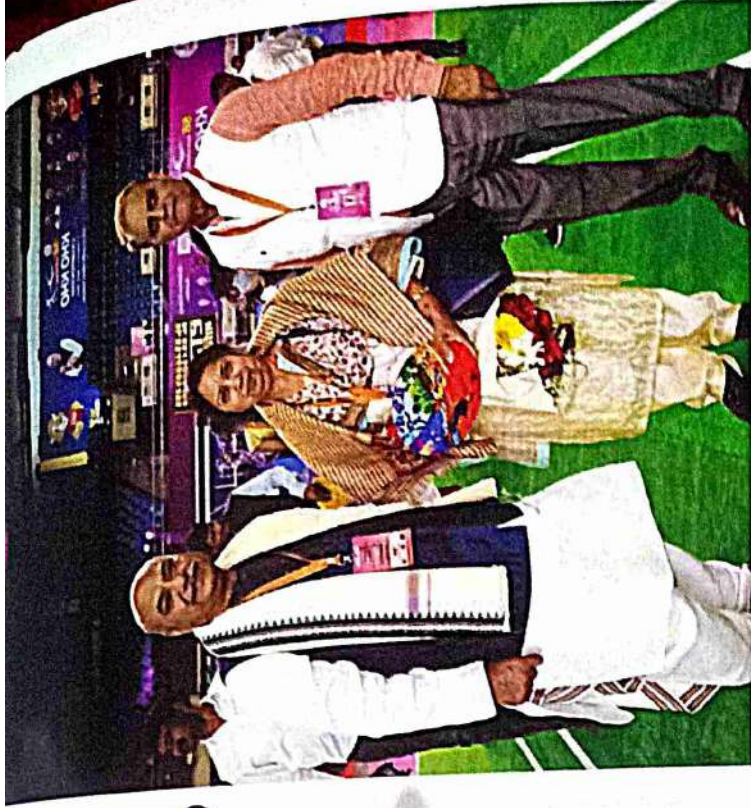
MR. SHASHI BHUSHAN



MR. VEERINDER PRATAP



MR. VINAY KUMAR JAISHWAL





GET SET KHO

GAME OF DEFENSE

ATTENTION

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